



Oatmeal-Chai Buttermilk Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



260 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 tablespoons brown sugar
- 1 tablespoon butter melted
- 8 cardamom pods crushed
- 3 inch cinnamon sticks
- 2 large eggs lightly beaten
- 2.3 ounces flour all-purpose

- 1 inch ginger fresh peeled coarsely chopped
- 1 cup buttermilk low-fat
- 1.5 cups milk 1% low-fat
- 2 cups regular oats
- 0.5 teaspoon salt
- 2 teaspoons tea leaves black (such as Darjeeling or Assam)
- 1.5 teaspoons vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- knife
- whisk
- sieve
- measuring cup

Directions

- Combine first 5 ingredients in a small saucepan over medium heat. Cover and cook 15 minutes.
- Remove from heat; stir in tea leaves, and steep 2 minutes. Strain mixture through a sieve into a large bowl; discard solids. Stir in buttermilk; cool to room temperature.
- Add butter, vanilla, and eggs; stir well with a whisk.
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, sugar, baking soda, baking powder, and salt.
- Add flour mixture to milk mixture; stir until combined. Stir in oats. Cover and let stand 15 minutes.
- Pour about 1/4 cup batter per pancake onto a hot nonstick griddle or nonstick skillet. Cook 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 2 minutes or until bottoms are lightly browned.

Nutrition Facts

PROTEIN 15.99% FAT 22.5% CARBS 61.51%

Properties

Glycemic Index:47, Glycemic Load:12.35, Inflammation Score:-5, Nutrition Score:14.785652212475%

Flavonoids

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Nutrients (% of daily need)

Calories: 259.57kcal (12.98%), Fat: 6.53g (10.04%), Saturated Fat: 2.66g (16.62%), Carbohydrates: 40.15g (13.38%), Net Carbohydrates: 36.09g (13.13%), Sugar: 11.18g (12.42%), Cholesterol: 71.57mg (23.86%), Sodium: 572.07mg (24.87%), Alcohol: 0.34g (100%), Alcohol %: 0.26% (100%), Protein: 10.44g (20.88%), Manganese: 1.91mg (95.39%), Phosphorus: 272.61mg (27.26%), Selenium: 18.69µg (26.7%), Calcium: 206.08mg (20.61%), Vitamin B2: 0.32mg (18.95%), Vitamin B1: 0.27mg (17.84%), Fiber: 4.05g (16.21%), Magnesium: 60.97mg (15.24%), Iron: 2.49mg (13.86%), Zinc: 1.91mg (12.75%), Vitamin B12: 0.6µg (10%), Folate: 39.49µg (9.87%), Potassium: 334.06mg (9.54%), Vitamin B5: 0.94mg (9.43%), Copper: 0.16mg (7.82%), Vitamin D: 0.98µg (6.55%), Vitamin B6: 0.12mg (6.03%), Vitamin A: 284.23IU (5.68%), Vitamin B3: 1.09mg (5.45%), Vitamin E: 0.4mg (2.64%), Vitamin C: 1.04mg (1.26%)