



Oatmeal Mini-Pancakes With Apple-Pear Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



32

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 32 servings apple sauce
- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon t brown sugar dark
- ☐ 2 large eggs
- ☐ 2 cups milk
- ☐ 0.3 cup skim milk powder dry instant
- ☐ 1 cup oats uncooked

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil
- ☐ 0.3 cup wheat germ
- ☐ 1 cup flour whole wheat

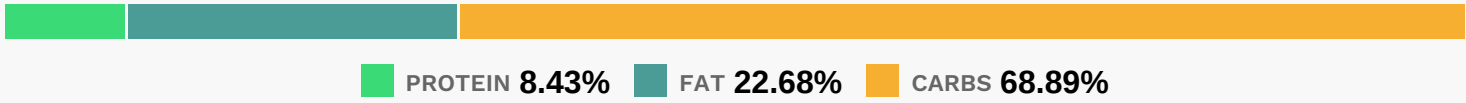
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ Stir together first 7 ingredients in a large bowl; make a well in center of mixture.
- ☐ Stir together eggs, milk, and oil; add to dry ingredients, stirring just until moistened.
- ☐ Pour 2 tablespoons batter for each pancake onto a hot, lightly greased griddle or skillet. Cook pancakes until tops are covered with bubbles and edges look cooked; turn and cook other side.
- ☐ Serve with Apple-Pear Sauce.
- ☐ Note: Pancakes and sauce may be frozen separately up to 1 month. To reheat, microwave 4 pancakes at HIGH 1 minute and 15 seconds; microwave 1 cup sauce 2 to 3 minutes or until thoroughly heated, stirring once.

Nutrition Facts



Properties

Glycemic Index:2.44, Glycemic Load:0.85, Inflammation Score:-2, Nutrition Score:4.5500000248785%

Flavonoids

Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg, Epicatechin: 6.6mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 110.32kcal (5.52%), Fat: 2.96g (4.56%), Saturated Fat: 0.71g (4.47%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 18.14g (6.6%), Sugar: 13.09g (14.55%), Cholesterol: 13.64mg (4.55%), Sodium: 70.5mg (3.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.48g (4.96%), Manganese: 0.4mg (19.82%), Fiber: 2.12g (8.47%), Selenium: 5.64µg (8.05%), Phosphorus: 68.12mg (6.81%), Vitamin B1: 0.09mg (6.19%), Vitamin B2: 0.1mg (5.94%), Potassium: 165.55mg (4.73%), Magnesium: 17.71mg (4.43%), Calcium: 40.47mg (4.05%), Vitamin B6: 0.08mg (4.03%), Vitamin K: 3.92µg (3.73%), Iron: 0.64mg (3.56%), Copper: 0.07mg (3.42%), Zinc: 0.48mg (3.19%), Vitamin E: 0.41mg (2.75%), Folate: 10.59µg (2.65%), Vitamin B5: 0.26mg (2.6%), Vitamin B12: 0.15µg (2.47%), Vitamin D: 0.33µg (2.22%), Vitamin B3: 0.41mg (2.03%), Vitamin A: 97.73IU (1.95%), Vitamin C: 1.28mg (1.56%)