



 **23%**  
HEALTH SCORE

## Oatmeal Pancake (Yummy & Heart Healthy)

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



584 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon agave nectar
- 0.5 cup flour whole wheat
- 1 tsp double-acting baking powder
- 0.5 cup blueberries
- 0.5 cup egg whites
- 0.5 cup skim milk fat-free
- 1 cup irish oats rolled or old style
- 2 servings maple syrup

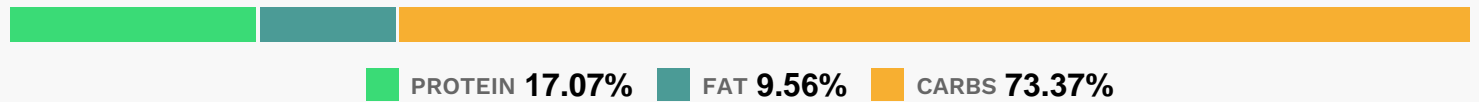
# Equipment

frying pan

# Directions

- Add oats to the milk and soak it for 3–4 hours or overnight in refrigerator.
- Add egg white, wheat flour, baking powder, agave (or sugar) and blend in processor / coffee grinder. Bring a non-stick pan to medium heat and pour 5 to 7 spoons of the mix (non-stick greasing stuff or oil is not really needed for pancakes). Turn it over in 1 to 2 minutes and take out once it becomes puffy and golden color. Enjoy with 100% maple syrup.

# Nutrition Facts



# Properties

Glycemic Index:174.38, Glycemic Load:51.82, Inflammation Score:-5, Nutrition Score:15.369130434783%

# Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

# Taste

Sweetness: 100%, Saltiness: 69.35%, Sourness: 29.75%, Bitterness: 17.67%, Savoriness: 44.48%, Fattiness: 66.34%, Spiciness: 0%

# Nutrients (% of daily need)

Calories: 583.82kcal (29.19%), Fat: 6.23g (9.58%), Saturated Fat: 0.89g (5.56%), Carbohydrates: 107.59g (35.86%), Net Carbohydrates: 97.03g (35.28%), Sugar: 26.42g (29.35%), Cholesterol: 1.84mg (0.61%), Sodium: 372.97mg (16.22%), Protein: 25.03g (50.07%), Vitamin B2: 0.79mg (46.34%), Fiber: 10.56g (42.23%), Manganese: 0.81mg

(40.34%), Selenium: 24.19µg (34.56%), Calcium: 289.06mg (28.91%), Iron: 5.2mg (28.88%), Vitamin B1: 0.32mg (21.45%), Folate: 66.21µg (16.55%), Phosphorus: 163.34mg (16.33%), Vitamin B3: 2.22mg (11.12%), Vitamin K: 9.6µg (9.14%), Potassium: 309.12mg (8.83%), Magnesium: 28.05mg (7.01%), Vitamin B12: 0.41µg (6.83%), Vitamin C: 5.37mg (6.51%), Vitamin B5: 0.52mg (5.17%), Vitamin B6: 0.1mg (4.81%), Zinc: 0.71mg (4.75%), Vitamin D: 0.67µg (4.49%), Copper: 0.08mg (4.12%), Vitamin A: 144.93IU (2.9%), Vitamin E: 0.33mg (2.22%)