



Oatmeal Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



487 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon baking soda
- 3 tablespoons butter melted
- 1 cup buttermilk
- 1 eggs
- 0.5 cup flour all-purpose
- 0.8 cup oats
- 0.5 teaspoon sugar

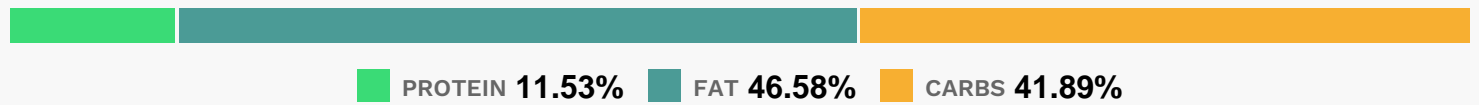
Equipment

- bowl
- frying pan

Directions

- In a bowl, combine the oats, flour, baking soda and sugar.
- Combine the egg, buttermilk and butter; stir into the dry ingredients just until moistened.
- Pour batter by 1/3 cupfuls onto a greased hot griddle. Turn when bubbles form on top; cook until second side is golden brown.

Nutrition Facts



Properties

Glycemic Index:145.55, Glycemic Load:31.39, Inflammation Score:-7, Nutrition Score:18.650869587193%

Nutrients (% of daily need)

Calories: 486.83kcal (24.34%), Fat: 25.49g (39.22%), Saturated Fat: 14.15g (88.43%), Carbohydrates: 51.6g (17.2%), Net Carbohydrates: 47.9g (17.42%), Sugar: 7.46g (8.29%), Cholesterol: 140.19mg (46.73%), Sodium: 567.42mg (24.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.2g (28.39%), Manganese: 1.53mg (76.58%), Selenium: 32.34µg (46.21%), Phosphorus: 323.61mg (32.36%), Vitamin B1: 0.48mg (31.72%), Vitamin B2: 0.51mg (29.71%), Magnesium: 104.03mg (26.01%), Folate: 83.89µg (20.97%), Iron: 3.29mg (18.26%), Calcium: 174.35mg (17.43%), Vitamin A: 841.59IU (16.83%), Fiber: 3.7g (14.81%), Vitamin D: 2µg (13.33%), Vitamin B12: 0.78µg (13.06%), Zinc: 1.95mg (13%), Vitamin B5: 1.17mg (11.69%), Vitamin B3: 2.23mg (11.14%), Copper: 0.2mg (10.17%), Potassium: 339.71mg (9.71%), Vitamin E: 1.03mg (6.89%), Vitamin B6: 0.13mg (6.27%), Vitamin K: 2.96µg (2.82%)