



Oatmeal Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



275 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 tablespoons butter melted
- ☐ 1 large eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 cup nonfat buttermilk
- ☐ 1 cup quick-cooking oats

- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon sugar

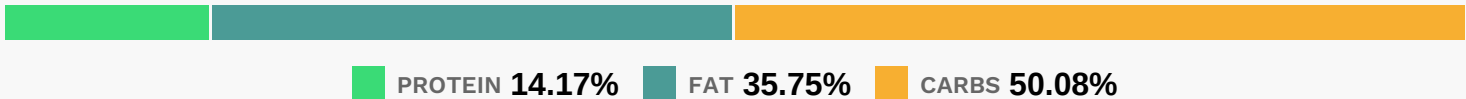
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Weigh or lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine the first 7 ingredients in a medium bowl, stirring with a whisk.
- ☐ Combine buttermilk, butter, and egg in a small bowl.
- ☐ Add to flour mixture, stirring just until moist.
- ☐ Heat a nonstick griddle over medium heat. Coat pan with cooking spray. Spoon about 2 1/2 tablespoons batter per pancake onto griddle. Turn pancakes over when tops are covered with bubbles; cook until bottoms are lightly browned.

Nutrition Facts



Properties

Glycemic Index:119.03, Glycemic Load:19.04, Inflammation Score:-5, Nutrition Score:10.46913033983%

Nutrients (% of daily need)

Calories: 275.07kcal (13.75%), Fat: 11.13g (17.12%), Saturated Fat: 5.64g (35.22%), Carbohydrates: 35.08g (11.69%), Net Carbohydrates: 32.17g (11.7%), Sugar: 8.42g (9.35%), Cholesterol: 83.64mg (27.88%), Sodium: 507.27mg (22.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.84%), Manganese: 1.27mg (63.37%), Selenium: 17.96µg (25.66%), Magnesium: 77.73mg (19.43%), Phosphorus: 184.99mg (18.5%), Vitamin B1: 0.23mg (15.66%), Iron: 2.12mg (11.78%), Fiber: 2.91g (11.65%), Vitamin B2: 0.16mg (9.65%), Folate: 35.83µg (8.96%), Zinc: 1.16mg (7.77%), Calcium: 77.03mg (7.7%), Vitamin A: 323.73IU (6.47%), Copper: 0.13mg (6.4%), Vitamin B5: 0.5mg

(5.04%), Vitamin B3: 0.86mg (4.28%), Vitamin E: 0.59mg (3.94%), Potassium: 134.09mg (3.83%), Vitamin B6: 0.06mg (3.02%), Vitamin B12: 0.16µg (2.74%), Vitamin D: 0.33µg (2.22%), Vitamin K: 1.65µg (1.57%), Vitamin C: 0.95mg (1.15%)