



Oatmeal Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



88 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 egg white lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup nonfat buttermilk
- ☐ 0.3 cup quick-cooking oats uncooked
- ☐ 0.1 teaspoon salt
- ☐ 1 tablespoon sugar

☐

2 teaspoons vegetable oil

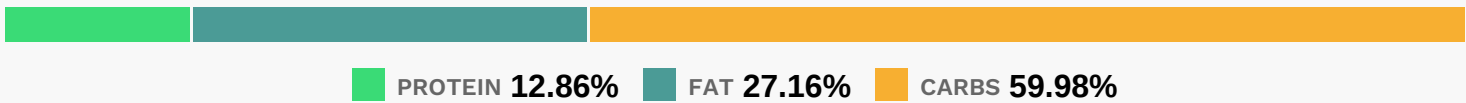
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 6 ingredients in a medium bowl; make a well in center of mixture.
- ☐ Combine buttermilk, oil, and egg white; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Coat a nonstick griddle with cooking spray; preheat to 35
- ☐ For each pancake, pour about 3 tablespoons batter onto hot griddle. Cook pancakes until tops are covered with bubbles and edges look cooked; turn pancakes, and cook other side.

Nutrition Facts



Properties

Glycemic Index:75.52, Glycemic Load:8.47, Inflammation Score:-1, Nutrition Score:2.9995652106793%

Nutrients (% of daily need)

Calories: 88.46kcal (4.42%), Fat: 2.7g (4.15%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 13.4g (4.47%), Net Carbohydrates: 12.71g (4.62%), Sugar: 3.88g (4.31%), Cholesterol: 0.3mg (0.1%), Sodium: 220.46mg (9.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.75%), Manganese: 0.27mg (13.62%), Selenium: 5.89µg (8.42%), Vitamin B1: 0.09mg (5.93%), Vitamin B2: 0.08mg (4.6%), Phosphorus: 43.73mg (4.37%), Vitamin K: 4.32µg (4.12%), Magnesium: 16.36mg (4.09%), Folate: 16.22µg (4.05%), Iron: 0.66mg (3.67%), Calcium: 35.46mg (3.55%), Fiber: 0.69g (2.75%), Vitamin B3: 0.51mg (2.55%), Copper: 0.03mg (1.6%), Vitamin E: 0.22mg (1.49%), Zinc: 0.22mg (1.46%), Potassium: 38.9mg (1.11%)