



## Oatmeal Pancakes

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



173 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.8 cup oats
- 0.8 cup flour whole wheat
- 1 cup soymilk
- 2 tablespoons vegetable oil
- 2 teaspoons double-acting baking powder
- 0.3 teaspoon salt
- 0.3 cup eggs fat-free
- 1 serving fruit fresh

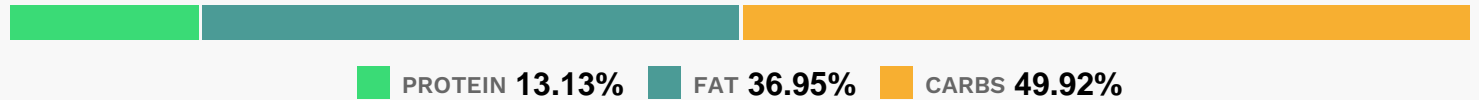
## Equipment

- bowl
- frying pan
- whisk

## Directions

- In medium bowl, stir all ingredients except syrup or fruit, using wire whisk, until blended.
- Spray griddle or 10-inch skillet with cooking spray.
- Heat griddle to 375°F or heat skillet over medium heat. For each pancake, pour slightly less than 1/4 cup batter onto hot griddle.
- Cook pancakes until puffed and dry around edges. Turn; cook other sides until golden brown.
- Serve with syrup or fruit.

## Nutrition Facts



## Properties

Glycemic Index:31.74, Glycemic Load:4.61, Inflammation Score:-4, Nutrition Score:11.043043478676%

## Nutrients (% of daily need)

Calories: 172.82kcal (8.64%), Fat: 7.37g (11.34%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 22.4g (7.47%), Net Carbohydrates: 19.36g (7.04%), Sugar: 3.46g (3.84%), Cholesterol: 37.67mg (12.56%), Sodium: 273.86mg (11.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.79%), Manganese: 1.05mg (52.72%), Selenium: 16.73µg (23.9%), Phosphorus: 151.6mg (15.16%), Calcium: 149.99mg (15%), Magnesium: 50.48mg (12.62%), Fiber: 3.03g (12.13%), Vitamin B3: 2.21mg (11.03%), Vitamin E: 1.65mg (10.97%), Vitamin B1: 0.16mg (10.72%), Vitamin B2: 0.17mg (9.78%), Vitamin K: 9.89µg (9.41%), Vitamin B6: 0.18mg (9.16%), Iron: 1.59mg (8.83%), Vitamin B12: 0.51µg (8.58%), Copper: 0.17mg (8.48%), Folate: 27.58µg (6.9%), Zinc: 0.96mg (6.38%), Vitamin A: 270.25IU (5.41%), Potassium: 178.03mg (5.09%), Vitamin D: 0.67µg (4.5%), Vitamin C: 3.27mg (3.96%), Vitamin B5: 0.33mg (3.26%)