



Oatmeal Pancakes II

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



213 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 0.8 cup buttermilk
- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup cooking oats quick
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract

- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon sugar white

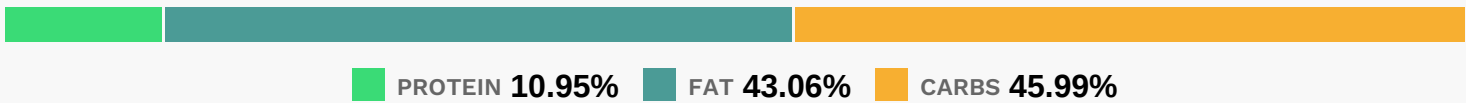
Equipment

- ☐ food processor
- ☐ frying pan

Directions

- ☐ Place flour, oats, sugar, baking powder, baking soda, salt, buttermilk, vanilla, oil and egg in a food processor and puree until smooth.
- ☐ Heat a lightly oiled griddle or frying pan over medium high heat.
- ☐ Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Nutrition Facts



Properties

Glycemic Index:83.27, Glycemic Load:15.53, Inflammation Score:-3, Nutrition Score:8.2521739006042%

Nutrients (% of daily need)

Calories: 213.18kcal (10.66%), Fat: 10.2g (15.68%), Saturated Fat: 2.37g (14.83%), Carbohydrates: 24.5g (8.17%), Net Carbohydrates: 23.12g (8.41%), Sugar: 5.54g (6.16%), Cholesterol: 45.87mg (15.29%), Sodium: 597.09mg (25.96%), Alcohol: 0.34g (100%), Alcohol %: 0.46% (100%), Protein: 5.83g (11.67%), Manganese: 0.55mg (27.53%), Selenium: 13.81µg (19.72%), Phosphorus: 145.29mg (14.53%), Vitamin B1: 0.2mg (13.54%), Vitamin B2: 0.22mg (12.86%), Vitamin K: 13.04µg (12.42%), Calcium: 124.1mg (12.41%), Folate: 39.26µg (9.81%), Magnesium: 37.02mg (9.25%), Iron: 1.52mg (8.43%), Fiber: 1.38g (5.51%), Vitamin D: 0.81µg (5.37%), Vitamin B3: 1.06mg (5.29%), Vitamin E: 0.78mg (5.22%), Vitamin B12: 0.3µg (5.08%), Zinc: 0.75mg (4.99%), Vitamin B5: 0.48mg (4.8%), Copper: 0.08mg (4.02%), Potassium: 130.73mg (3.74%), Vitamin A: 133.65IU (2.67%), Vitamin B6: 0.05mg (2.61%)