



## Oatmeal Pancakes With Cider Sauce

READY IN



14 min.

SERVINGS



10

CALORIES



161 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon baking soda
- 1 tablespoon brown sugar
- 2 large eggs
- 10 servings cider sauce
- 0.3 cup butter light melted
- 2 cups nonfat buttermilk
- 0.3 cup nonfat milk powder dry instant
- 1 cup regular oats uncooked
- 0.3 teaspoon salt

- 0.3 cup wheat germ
- 1 cup flour whole wheat

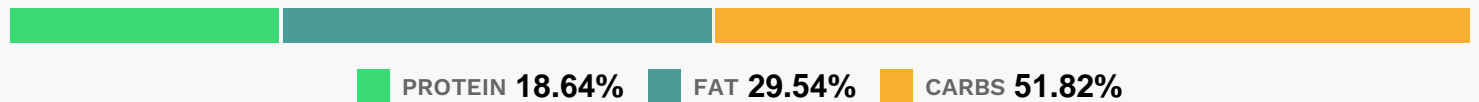
## Equipment

- food processor
- bowl
- frying pan
- whisk

## Directions

- Pulse oats in food processor 5 to 6 times until ground.
- Combine ground oats, wheat flour, and next 5 ingredients in a large bowl.
- Whisk together buttermilk, eggs, and butter; stir into oat mixture.
- Pour 1/4 cup batter for each pancake onto a hot griddle coated with cooking spray. Cook pancakes until tops are covered with bubbles and edges look cooked; turn and cook other side.
- Serve with Cider Sauce.

## Nutrition Facts



## Properties

Glycemic Index:4, Glycemic Load:1.87, Inflammation Score:-3, Nutrition Score:8.897391355556%

## Nutrients (% of daily need)

Calories: 160.74kcal (8.04%), Fat: 5.39g (8.29%), Saturated Fat: 2.58g (16.1%), Carbohydrates: 21.27g (7.09%), Net Carbohydrates: 18.79g (6.83%), Sugar: 5.49g (6.1%), Cholesterol: 45.11mg (15.04%), Sodium: 256.93mg (11.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.3%), Manganese: 1.17mg (58.45%), Selenium: 16µg (22.86%), Phosphorus: 151.22mg (15.12%), Vitamin B1: 0.17mg (11.25%), Fiber: 2.48g (9.93%), Magnesium: 39.41mg (9.85%), Vitamin B2: 0.14mg (8.42%), Zinc: 1.23mg (8.19%), Iron: 1.22mg (6.75%), Calcium: 62.88mg (6.29%), Vitamin B6: 0.12mg (6.16%), Copper: 0.11mg (5.64%), Folate: 22.23µg (5.56%), Potassium: 171.92mg (4.91%), Vitamin B5: 0.49mg (4.9%), Vitamin B3: 0.92mg (4.6%), Vitamin A: 222.33IU (4.45%), Vitamin D: 0.59µg (3.93%), Vitamin B12: 0.22µg (3.63%), Vitamin E: 0.32mg (2.13%)