



Oatmeal Rhubarb Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



386 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon baking soda
- ☐ 0.5 banana mashed
- ☐ 0.3 cup brown sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon juice of lemon
- ☐ 1.3 cups nonfat milk
- ☐ 10 tablespoons cooking oats quick
- ☐ 1 cup rhubarb finely chopped

- ☐ 0.5 teaspoon salt
- ☐ 1.3 cups unbleached flour all-purpose
- ☐ 2 tablespoons vegetable oil

Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine flour, oats, brown sugar, cinnamon, baking soda, and salt in a large bowl.
- ☐ Mix milk and lemon juice in another bowl; stir in banana. Stir banana mixture into flour mixture; fold in rhubarb.
- ☐ Heat a griddle or large skillet over medium heat. Drop 1/4 cupfuls of batter onto the griddle and cook until bubbles form and the edges are dry, about 2 minutes. Flip, and cook until browned on the other side, about 2 minutes more. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:61.51, Glycemic Load:31.81, Inflammation Score:-6, Nutrition Score:15.336956521739%

Flavonoids

Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg, Epicatechin 3-gallate: 0.18mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 385.9kcal (19.3%), Fat: 8.42g (12.96%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 69.24g (23.08%), Net Carbohydrates: 65.5g (23.82%), Sugar: 24.41g (27.12%), Cholesterol: 2.45mg (0.82%), Sodium: 468.82mg (20.38%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.64g (19.28%), Manganese: 1.13mg (56.56%), Vitamin B1: 0.46mg (30.99%), Selenium: 21.58µg (30.83%), Folate: 88.23µg (22.06%), Vitamin K: 22.28µg (21.22%), Phosphorus: 209.75mg (20.98%), Vitamin B2: 0.35mg (20.65%), Magnesium: 69.14mg (17.29%), Calcium: 168.55mg (16.85%), Iron: 2.91mg (16.17%), Fiber: 3.74g (14.95%), Vitamin B3: 2.9mg (14.48%), Potassium: 403.2mg (11.52%), Zinc: 1.21mg (8.05%), Vitamin B12: 0.47µg (7.89%), Vitamin B6: 0.15mg (7.55%), Copper: 0.15mg (7.29%), Vitamin B5: 0.68mg (6.83%), Vitamin D: 0.9µg (5.99%), Vitamin E: 0.8mg (5.31%), Vitamin C: 4.23mg (5.12%), Vitamin A: 208.7IU (4.17%)