



Overnight Raisin Oatmeal Pancakes

 Vegetarian

READY IN



750 min.

SERVINGS



18

CALORIES



106 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup butter softened
- 2 cups buttermilk
- 2 eggs beaten
- 0.5 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 2 cups quick-cooking oats

- 0.3 cup raisins
- 0.5 teaspoon salt
- 2 tablespoons sugar white

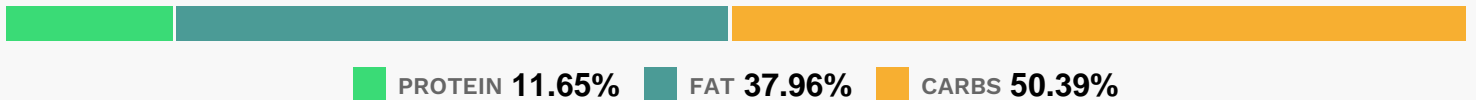
Equipment

- bowl
- frying pan

Directions

- In a medium bowl, mix together the oats and buttermilk. Cover, and refrigerate overnight.
- The next morning: In a large bowl, sift together the flour, sugar, baking powder, baking soda, cinnamon, and salt. Make a well in the center, and pour in the oatmeal mixture, eggs, butter, and raisins. Stir until just moistened. Allow batter to sit 20 minutes before cooking. If batter is too thick, add buttermilk 1 tablespoon at a time, until the batter reaches the desired consistency.
- Heat a lightly greased, large skillet or griddle over medium heat.
- Pour 1/4 cup batter onto the hot griddle for each cake. Cook pancakes until bubbles appear on top, flip, and cook until lightly browned on bottom.

Nutrition Facts



Properties

Glycemic Index:24.83, Glycemic Load:7.88, Inflammation Score:-2, Nutrition Score:4.4682608713274%

Nutrients (% of daily need)

Calories: 105.53kcal (5.28%), Fat: 4.58g (7.04%), Saturated Fat: 2.39g (14.94%), Carbohydrates: 13.67g (4.56%), Net Carbohydrates: 12.52g (4.55%), Sugar: 2.79g (3.1%), Cholesterol: 27.9mg (9.3%), Sodium: 205.28mg (8.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Manganese: 0.43mg (21.53%), Selenium: 6.79µg (9.69%), Phosphorus: 85.03mg (8.5%), Magnesium: 29.31mg (7.33%), Vitamin B1: 0.09mg (6.24%), Vitamin B2: 0.1mg (6.02%), Calcium: 53.34mg (5.33%), Fiber: 1.15g (4.61%), Iron: 0.77mg (4.3%), Folate: 13.05µg (3.26%), Zinc: 0.49mg (3.24%), Vitamin A: 149.35IU (2.99%), Vitamin D: 0.44µg (2.96%), Potassium: 101.95mg (2.91%), Vitamin B12: 0.17µg (2.86%), Copper: 0.06mg (2.85%), Vitamin B5: 0.26mg (2.6%), Vitamin B3: 0.34mg (1.69%), Vitamin B6:

0.03mg (1.68%), Vitamin E: 0.21mg (1.4%)