



Pam-Cakes With Buttered Honey Syrup

 Vegetarian

READY IN



34 min.

SERVINGS



34

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.3 cup butter melted
- ☐ 2 cups buttermilk
- ☐ 2 large eggs
- ☐ 1.8 cups flour all-purpose
- ☐ 34 servings honey
- ☐ 1 teaspoon salt

☐ 2 teaspoons sugar

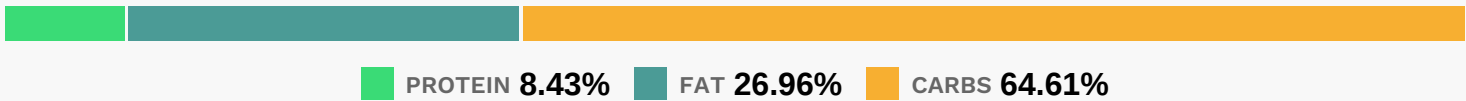
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Combine flour and next 4 ingredients in a large bowl.
- ☐ Whisk together buttermilk and eggs. Gradually stir buttermilk mixture into flour mixture. Gently stir in butter. (Batter will be lumpy.)
- ☐ Pour about 1/4 cup batter for each pancake onto a hot buttered griddle or large nonstick skillet. Cook pancakes 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked. Turn and cook 3 to 4 minutes or until golden brown.
- ☐ Place pancakes in a single layer on a baking sheet, and keep warm in a 200 oven up to 30 minutes.
- ☐ Serve with Buttered Honey Syrup.

Nutrition Facts



Properties

Glycemic Index:10.89, Glycemic Load:6.98, Inflammation Score:-1, Nutrition Score:1.8186956815746%

Nutrients (% of daily need)

Calories: 70.62kcal (3.53%), Fat: 2.16g (3.33%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 11.67g (3.89%), Net Carbohydrates: 11.48g (4.18%), Sugar: 6.7g (7.44%), Cholesterol: 16.08mg (5.36%), Sodium: 149.43mg (6.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Selenium: 3.68µg (5.26%), Vitamin B2: 0.07mg (4.28%), Vitamin B1: 0.06mg (3.89%), Folate: 14.05µg (3.51%), Calcium: 30.08mg (3.01%), Phosphorus: 29.32mg (2.93%), Manganese: 0.05mg (2.55%), Iron: 0.4mg (2.25%), Vitamin B3: 0.4mg (2.02%), Vitamin A: 80.89IU (1.62%),

Vitamin D: 0.24µg (1.62%), Vitamin B12: 0.09µg (1.57%), Vitamin B5: 0.13mg (1.34%), Zinc: 0.15mg (1.02%)