



Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



90 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs
- 1 cup milk
- 1 cup self-rising flour sifted
- 2 tablespoons vegetable oil

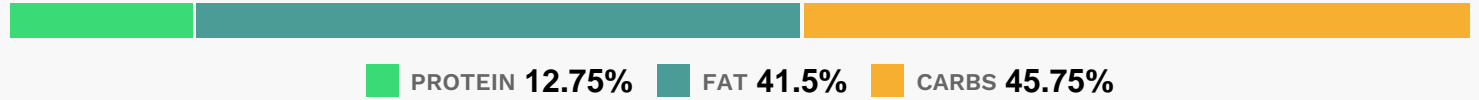
Equipment

- frying pan
- spatula

Directions

- Beat eggs, oil, and milk together, and add to flour. Stir until combined.
- Heat a greased griddle until drops of water sprinkled on it evaporate noisily.
- Pour 1/8 to 1/4 cup batter onto the griddle. Turn over with a metal spatula when bubbles begin to form on top. Cook second side to a golden brown color.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:6.31, Inflammation Score:-1, Nutrition Score:2.4330435058345%

Nutrients (% of daily need)

Calories: 90.1kcal (4.51%), Fat: 4.13g (6.35%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 10.24g (3.41%), Net Carbohydrates: 9.94g (3.61%), Sugar: 1.23g (1.37%), Cholesterol: 19.3mg (6.43%), Sodium: 15.77mg (0.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.85g (5.7%), Selenium: 6.78µg (9.68%), Manganese: 0.1mg (5.06%), Vitamin K: 5.13µg (4.88%), Phosphorus: 45.48mg (4.55%), Vitamin B2: 0.06mg (3.6%), Calcium: 34.35mg (3.44%), Vitamin B12: 0.17µg (2.85%), Vitamin D: 0.36µg (2.38%), Vitamin E: 0.33mg (2.21%), Vitamin B5: 0.21mg (2.13%), Zinc: 0.26mg (1.75%), Vitamin B1: 0.03mg (1.69%), Magnesium: 6.58mg (1.65%), Potassium: 55.17mg (1.58%), Folate: 6.19µg (1.55%), Vitamin B6: 0.03mg (1.35%), Copper: 0.03mg (1.31%), Vitamin A: 63.54IU (1.27%), Fiber: 0.3g (1.2%), Iron: 0.19mg (1.06%)