



Pancakes

 Vegetarian

READY IN



10 min.

SERVINGS



6

CALORIES



153 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.8 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons vegetable oil

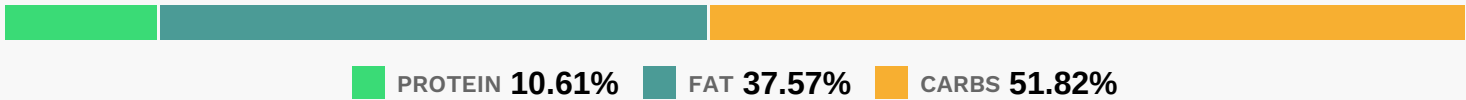
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a bowl, mix all the ingredients together, breaking up any lumps.
- ☐ Pour batter onto a hot griddle. Flip pancakes when the edges appear cooked and the batter bubbles on top.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.85, Glycemic Load:13.94, Inflammation Score:-2, Nutrition Score:5.7456521676934%

Nutrients (% of daily need)

Calories: 153.45kcal (7.67%), Fat: 6.42g (9.87%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 19.92g (6.64%), Net Carbohydrates: 19.35g (7.04%), Sugar: 3.55g (3.94%), Cholesterol: 30.94mg (10.31%), Sodium: 428.23mg (18.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.15%), Calcium: 162.41mg (16.24%), Selenium: 9.91µg (14.16%), Vitamin B1: 0.18mg (12.24%), Phosphorus: 111.64mg (11.16%), Vitamin B2: 0.18mg (10.52%), Folate: 41.57µg (10.39%), Vitamin K: 8.51µg (8.11%), Iron: 1.32mg (7.33%), Manganese: 0.15mg (7.31%), Vitamin B3: 1.27mg (6.34%), Vitamin B12: 0.23µg (3.83%), Vitamin D: 0.48µg (3.21%), Vitamin B5: 0.32mg (3.17%), Vitamin E: 0.48mg (3.17%), Zinc: 0.37mg (2.44%), Magnesium: 9.67mg (2.42%), Fiber: 0.57g (2.27%), Potassium: 78.64mg (2.25%), Vitamin B6: 0.04mg (2.01%), Copper: 0.04mg (1.8%), Vitamin A: 89.01IU (1.78%)