



Pancakes

 Vegetarian

READY IN



22 min.

SERVINGS



4

CALORIES



365 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 large eggs at room temperature
- ☐ 1.5 cups flour all-purpose
- ☐ 1.3 cups milk at room temperature
- ☐ 0.1 teaspoon nutmeg freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons butter unsalted as needed plus more

☐ 0.5 teaspoon vanilla extract pure

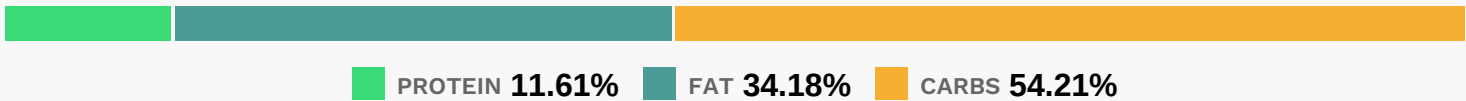
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large bowl, whisk together the flour, sugar, baking powder, salt, and nutmeg.
- ☐ In another bowl, beat the eggs and then whisk in the milk and vanilla.
- ☐ Melt the butter in a large cast iron skillet or griddle over medium heat.
- ☐ Whisk the butter into the milk mixture.
- ☐ Add the wet ingredients to the flour mixture, and whisk until a thick batter is just formed.
- ☐ Keeping the skillet at medium heat, ladle about 1/4 cup of the batter onto the skillet, to make a pancake. Make 1 or 2 more pancakes, taking care to keep them evenly spaced apart. Cook, until bubbles break the surface of the pancakes, and the undersides are golden brown, about 2 minutes. Flip with a spatula and cook about 1 minute more on the second side.
- ☐ Serve immediately or transfer to a platter and cover loosely with foil to keep warm. Repeat with the remaining batter, adding more butter to the skillet as needed.

Nutrition Facts



Properties

Glycemic Index:86.27, Glycemic Load:34.29, Inflammation Score:-5, Nutrition Score:12.83956520972%

Nutrients (% of daily need)

Calories: 365.42kcal (18.27%), Fat: 13.85g (21.3%), Saturated Fat: 7.68g (48.02%), Carbohydrates: 49.41g (16.47%), Net Carbohydrates: 48.12g (17.5%), Sugar: 12.96g (14.4%), Cholesterol: 124.72mg (41.58%), Sodium: 530.06mg (23.05%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 10.59g (21.17%), Selenium: 25.18µg (35.97%), Calcium: 293.97mg (29.4%), Vitamin B1: 0.42mg (28.1%), Vitamin B2: 0.46mg (26.87%), Phosphorus: 245.55mg (24.56%), Folate: 97.89µg (24.47%), Manganese: 0.33mg (16.71%), Iron: 2.95mg (16.41%), Vitamin B3: 2.87mg (14.37%), Vitamin B12: 0.65µg (10.87%), Vitamin A: 520.98IU (10.42%), Vitamin D: 1.5µg (9.98%), Vitamin B5: 0.88mg (8.85%), Zinc: 0.98mg (6.51%), Magnesium: 23.66mg (5.92%), Potassium: 203.32mg (5.81%), Vitamin B6: 0.11mg (5.51%), Fiber: 1.28g (5.14%), Copper: 0.09mg (4.5%), Vitamin E: 0.57mg (3.82%), Vitamin K: 1.18µg (1.12%)