



Pancakes

READY IN



45 min.

SERVINGS



9

CALORIES



145 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 teaspoons double-acting baking powder
- 1 eggs
- 2 cups flour all-purpose sifted
- 2 tablespoons butter melted
- 125 milliliters milk
- 0.5 teaspoon salt
- 1 tablespoon sugar

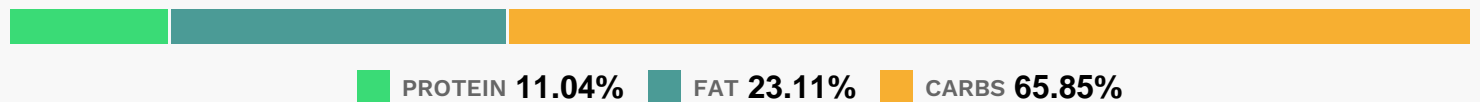
Equipment

- frying pan
- paper towels

Directions

- Beat egg until fluffy.
- Add milk and melted margarine.
- Add dry ingredients and mix well.
- Heat a heavy griddle or fry pan which is greased with a little butter on a paper towel. The pan is hot enough when a drop of water breaks into several smaller balls which 'dance' around the pan.
- Pour a small amount of batter (approx 1/4 cup) into pan and tip to spread out or spread with spoon. When bubbles appear on surface and begin to break, turn over and cook the other side.

Nutrition Facts



Properties

Glycemic Index:30.57, Glycemic Load:16.97, Inflammation Score:-3, Nutrition Score:5.5521739130435%

Taste

Sweetness: 72.78%, Saltiness: 70.96%, Sourness: 19.34%, Bitterness: 11.92%, Savoriness: 42.63%, Fattiness: 100%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 145.14kcal (7.26%), Fat: 3.7g (5.7%), Saturated Fat: 0.98g (6.14%), Carbohydrates: 23.75g (7.92%), Net Carbohydrates: 23g (8.36%), Sugar: 2.11g (2.35%), Cholesterol: 19.91mg (6.64%), Sodium: 359.93mg (15.65%), Protein: 3.98g (7.97%), Selenium: 11.2µg (16%), Vitamin B1: 0.23mg (15.22%), Folate: 53.16µg (13.29%), Calcium: 130.01mg (13%), Vitamin B2: 0.18mg (10.63%), Manganese: 0.19mg (9.6%), Phosphorus: 93.81mg (9.38%), Iron: 1.57mg (8.73%), Vitamin B3: 1.66mg (8.3%), Vitamin A: 160.89IU (3.22%), Fiber: 0.75g (3.01%), Vitamin B5: 0.25mg (2.53%), Magnesium: 8.99mg (2.25%), Copper: 0.04mg (2.2%), Zinc: 0.32mg (2.11%), Vitamin B12: 0.12µg (2.07%), Potassium: 59.67mg (1.7%), Vitamin D: 0.26µg (1.7%), Vitamin B6: 0.03mg (1.48%), Vitamin E: 0.17mg (1.14%)