

Pancakes I

 Vegetarian

READY IN



20 min.

SERVINGS



9

CALORIES



106 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

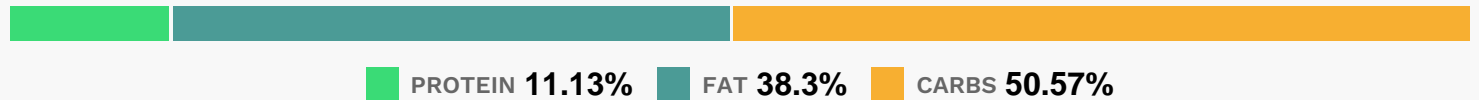
Equipment

- bowl
- frying pan

Directions

- Preheat a lightly oiled griddle over medium-high heat.
- Combine flour, sugar, baking powder, baking soda and salt. Make a well in the center. In a separate bowl, beat together egg, milk and oil.
- Pour milk mixture into flour mixture. Beat until smooth.
- Pour or scoop the batter onto the hot griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Nutrition Facts



Properties

Glycemic Index:30.57, Glycemic Load:9.19, Inflammation Score:-1, Nutrition Score:3.710869555888%

Nutrients (% of daily need)

Calories: 105.9kcal (5.29%), Fat: 4.5g (6.92%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 13.35g (4.45%), Net Carbohydrates: 12.98g (4.72%), Sugar: 2.69g (2.99%), Cholesterol: 21.44mg (7.15%), Sodium: 190.04mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Selenium: 6.73µg (9.62%), Vitamin B1: 0.13mg (8.41%), Vitamin B2: 0.13mg (7.57%), Folate: 27.71µg (6.93%), Calcium: 64.34mg (6.43%), Phosphorus: 61.8mg (6.18%), Vitamin K: 5.7µg (5.42%), Manganese: 0.1mg (4.87%), Iron: 0.78mg (4.34%), Vitamin B3: 0.85mg (4.26%), Vitamin B12: 0.19µg (3.17%), Vitamin D: 0.4µg (2.64%), Vitamin B5: 0.24mg (2.37%), Vitamin E: 0.32mg (2.14%), Zinc: 0.27mg (1.81%), Potassium: 62.4mg (1.78%), Magnesium: 7.02mg (1.75%), Vitamin B6: 0.03mg (1.55%), Fiber: 0.38g (1.5%), Vitamin A: 70.32IU (1.41%), Copper: 0.02mg (1.2%)