



Pancakes II

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



227 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 cups milk
- ☐ 1 pinch salt
- ☐ 2 teaspoons sugar white

Equipment

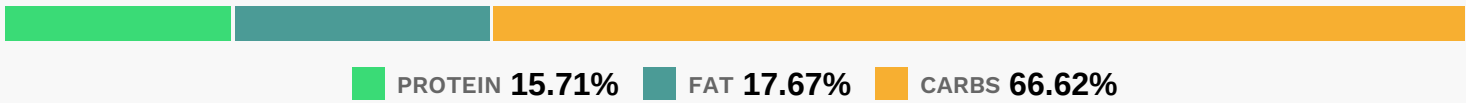
- ☐ bowl

☐ frying pan

Directions

- ☐ Beat eggs until fluffy; beat in sugar and salt. In a separate bowl, stir flour and baking powder together. Stir milk and flour mixture alternately into eggs, starting and ending with milk.
- ☐ Heat a lightly oiled griddle or frying pan over medium high heat.
- ☐ Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Do not turn pancake until tiny holes appear all over the uncooked side (top) of the pancake in the pan. Brown on both sides and serve hot.

Nutrition Facts



Properties

Glycemic Index:45.85, Glycemic Load:25.71, Inflammation Score:-4, Nutrition Score:10.220869650011%

Nutrients (% of daily need)

Calories: 227.28kcal (11.36%), Fat: 4.41g (6.78%), Saturated Fat: 2.04g (12.73%), Carbohydrates: 37.4g (12.47%), Net Carbohydrates: 36.27g (13.19%), Sugar: 5.41g (6.01%), Cholesterol: 64.32mg (21.44%), Sodium: 200.37mg (8.71%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.82g (17.64%), Selenium: 20.18µg (28.83%), Vitamin B1: 0.38mg (25.23%), Vitamin B2: 0.39mg (22.67%), Folate: 83.14µg (20.79%), Calcium: 192.87mg (19.29%), Phosphorus: 185.4mg (18.54%), Manganese: 0.29mg (14.59%), Iron: 2.34mg (12.99%), Vitamin B3: 2.56mg (12.78%), Vitamin B12: 0.57µg (9.5%), Vitamin D: 1.19µg (7.92%), Vitamin B5: 0.71mg (7.11%), Zinc: 0.81mg (5.43%), Potassium: 187.12mg (5.35%), Magnesium: 21.05mg (5.26%), Vitamin B6: 0.09mg (4.64%), Fiber: 1.13g (4.51%), Vitamin A: 210.96IU (4.22%), Copper: 0.07mg (3.58%), Vitamin E: 0.22mg (1.46%)