



PB and J Swirled Oatmeal Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



256 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 8 servings butter for frying
- ☐ 0.3 cup creamy peanut butter
- ☐ 1 eggs
- ☐ 1.3 cups evaporated milk 2%
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup oats
- ☐ 1 teaspoon salt

- ☐ 0.3 cup smucker's® fieldberry fruit spread simple blends®
- ☐ 1 tablespoon sugar

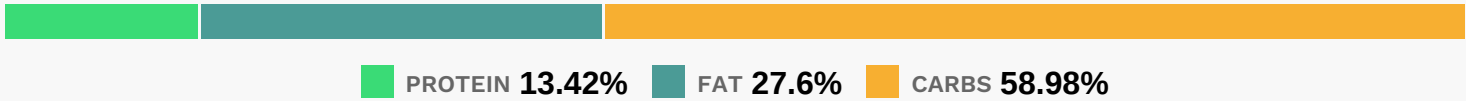
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a bowl.
- ☐ Mix in evaporated milk, egg and butter. Swirl in peanut butter and fruit spread to batter. On medium heat, melt butter in frying pan. Drop 1/4 cup (50 mL) of batter into melted butter, cook on both sides until lightly browned and fluffy. Top with fruit spread and serve immediately.

Nutrition Facts



Properties

Glycemic Index:49.51, Glycemic Load:20.69, Inflammation Score:-3, Nutrition Score:7.4786955759577%

Nutrients (% of daily need)

Calories: 256.48kcal (12.82%), Fat: 7.96g (12.25%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 38.28g (12.76%), Net Carbohydrates: 36.63g (13.32%), Sugar: 13.61g (15.13%), Cholesterol: 29.41mg (9.8%), Sodium: 562.06mg (24.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.71g (17.42%), Manganese: 0.45mg (22.41%), Selenium: 11.36µg (16.22%), Vitamin B1: 0.22mg (14.59%), Folate: 57.39µg (14.35%), Vitamin B3: 2.86mg (14.3%), Phosphorus: 122.29mg (12.23%), Calcium: 115.83mg (11.58%), Vitamin B2: 0.18mg (10.48%), Iron: 1.75mg (9.73%), Magnesium: 29.65mg (7.41%), Vitamin E: 1.11mg (7.37%), Fiber: 1.65g (6.6%), Copper: 0.11mg (5.54%), Zinc: 0.64mg (4.28%), Vitamin B6: 0.07mg (3.68%), Vitamin B5: 0.34mg (3.43%), Potassium: 117.07mg (3.34%), Vitamin C: 1.25mg (1.51%), Vitamin A: 57.49IU (1.15%)