



Peanut Butter and Jelly Oatmeal Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



14

CALORIES



130 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons butter melted
- ☐ 2 eggs lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 3 tablespoons natural peanut butter
- ☐ 1.5 cups cooking oats quick
- ☐ 1 teaspoon salt
- ☐ 2 cups skim milk

- ☐ 0.3 cup strawberry jam
- ☐ 1 teaspoon sugar white

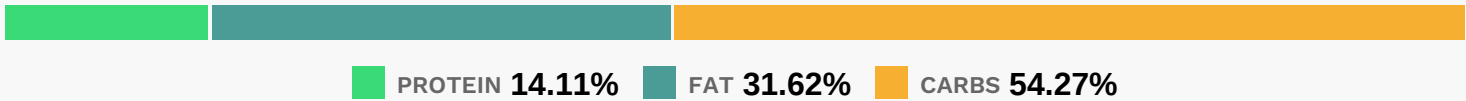
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ spatula

Directions

- ☐ Combine oats, flour, baking soda, sugar, and salt in a large bowl. Set bowl aside. In a separate bowl, whisk together the skim milk, eggs, peanut butter, and melted butter. Make a well in the center of the dry ingredients and stir in the wet ingredients, being careful not to over mix the batter.
- ☐ Heat a large skillet over medium heat, and coat with cooking spray.
- ☐ Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side, about 2 minutes per side.
- ☐ Serve with strawberry jam.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:10.13, Inflammation Score:-3, Nutrition Score:5.6978261185729%

Nutrients (% of daily need)

Calories: 130.28kcal (6.51%), Fat: 4.67g (7.18%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 18.02g (6.01%), Net Carbohydrates: 16.79g (6.11%), Sugar: 5.52g (6.14%), Cholesterol: 28.73mg (9.58%), Sodium: 297.46mg (12.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.69g (9.37%), Manganese: 0.48mg (23.76%), Selenium: 8.14µg (11.63%), Phosphorus: 110.17mg (11.02%), Magnesium: 35.96mg (8.99%), Vitamin B1: 0.13mg (8.49%), Vitamin B2: 0.13mg (7.65%), Calcium: 58.29mg (5.83%), Folate: 22.37µg (5.59%), Iron: 0.91mg (5.08%), Fiber: 1.23g (4.92%), Vitamin B3: 0.97mg (4.86%), Zinc: 0.66mg (4.38%), Vitamin B12: 0.26µg (4.37%), Potassium: 129.92mg (3.71%), Vitamin B5: 0.35mg (3.52%), Vitamin D: 0.51µg (3.4%), Copper: 0.07mg (3.38%), Vitamin E: 0.5mg (3.31%), Vitamin

A: 155.32IU (3.11%), Vitamin B6: 0.06mg (2.96%)