



## Peanut Butter Feather Pancakes

 Vegetarian

READY IN



10 min.

SERVINGS



16

CALORIES



96 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup flour
- 1.5 tablespoons double-acting baking powder
- 2 tablespoons canola oil pure crisco®
- 0.3 cup crunchy peanut butter
- 1 large eggs
- 1 cup milk
- 2 tablespoons sugar

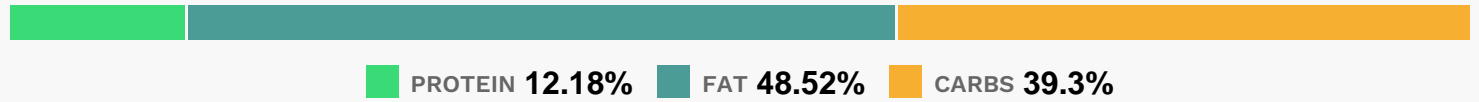
### Equipment

- bowl
- frying pan

## Directions

- Stir together flour, sugar and baking powder in large bowl.
- Beat egg with peanut butter in small bowl until blended. Stir in milk and oil.
- Add all at once to the dry ingredients, beating until blended.
- Heat skillet over medium-high heat or griddle to 375 degrees F. Spray with no-stick cooking spray.
- Pour 2 tablespoons batter for each pancake onto skillet. Cook until bubbles break the surface. Turn and brown the other side.
- Serve with syrup, fresh fruit or powdered sugar.

## Nutrition Facts



## Properties

Glycemic Index:17.19, Glycemic Load:5.92, Inflammation Score:-1, Nutrition Score:3.5234782462535%

## Nutrients (% of daily need)

Calories: 95.56kcal (4.78%), Fat: 5.3g (8.16%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 9.66g (3.22%), Net Carbohydrates: 9.02g (3.28%), Sugar: 2.72g (3.02%), Cholesterol: 13.45mg (4.49%), Sodium: 155.78mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.99g (5.99%), Calcium: 90.22mg (9.02%), Manganese: 0.15mg (7.59%), Phosphorus: 71.82mg (7.18%), Selenium: 4.35µg (6.21%), Vitamin B3: 1.22mg (6.08%), Folate: 20.71µg (5.18%), Vitamin B1: 0.08mg (5.12%), Vitamin B2: 0.08mg (4.72%), Vitamin E: 0.69mg (4.6%), Iron: 0.64mg (3.58%), Magnesium: 12.83mg (3.21%), Fiber: 0.64g (2.57%), Copper: 0.04mg (2.25%), Potassium: 75.85mg (2.17%), Zinc: 0.31mg (2.05%), Vitamin B6: 0.04mg (2.03%), Vitamin B5: 0.2mg (1.99%), Vitamin B12: 0.11µg (1.84%), Vitamin D: 0.23µg (1.53%), Vitamin K: 1.35µg (1.29%)