



Peanut Butter Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



189 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons double-acting baking powder
- ☐ 0.8 cup creamy peanut butter
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup honey
- ☐ 2 cups milk
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons vegetable oil

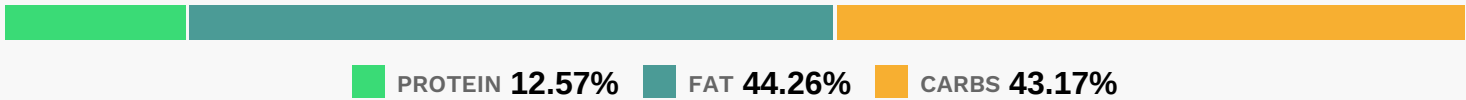
Equipment

☐ frying pan

Directions

- ☐ Process all ingredients in a blend-er until smooth, stopping once to scrape down sides.
- ☐ Pour 1/4 cup batter for each pancake onto a hot, lightly greased griddle. Cook pancakes until tops are covered with bubbles and edges look cooked; turn and cook other side.

Nutrition Facts



Properties

Glycemic Index:16.95, Glycemic Load:12.31, Inflammation Score:-3, Nutrition Score:7.1265218114561%

Nutrients (% of daily need)

Calories: 188.64kcal (9.43%), Fat: 9.6g (14.77%), Saturated Fat: 2.27g (14.17%), Carbohydrates: 21.08g (7.03%), Net Carbohydrates: 20.06g (7.29%), Sugar: 7.15g (7.95%), Cholesterol: 26.91mg (8.97%), Sodium: 347.71mg (15.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Calcium: 181.84mg (18.18%), Phosphorus: 150.56mg (15.06%), Manganese: 0.29mg (14.57%), Vitamin B3: 2.57mg (12.87%), Selenium: 8.34µg (11.91%), Vitamin B1: 0.16mg (10.6%), Folate: 42.04µg (10.51%), Vitamin B2: 0.17mg (10.17%), Vitamin E: 1.33mg (8.87%), Iron: 1.31mg (7.3%), Magnesium: 29mg (7.25%), Vitamin B6: 0.09mg (4.55%), Zinc: 0.63mg (4.23%), Vitamin B5: 0.41mg (4.1%), Potassium: 142.51mg (4.07%), Fiber: 1.02g (4.07%), Copper: 0.08mg (4.01%), Vitamin B12: 0.22µg (3.67%), Vitamin K: 3.32µg (3.16%), Vitamin D: 0.46µg (3.07%), Vitamin A: 83.16IU (1.66%)