



Peanut Butter Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



344 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 large eggs lightly beaten
- ☐ 1.3 cups skim milk fat-free
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup peanut butter
- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons sugar
- ☐ 0.5 teaspoon vanilla extract

☐

1 tablespoon vegetable oil

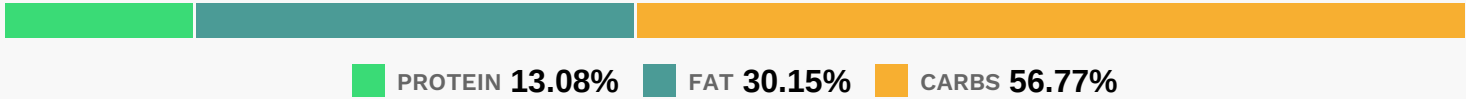
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, baking powder, and salt in a large bowl.
- ☐ Combine milk and remaining ingredients; add to flour mixture, stirring until smooth.
- ☐ Spoon about 1/4 cup batter onto a hot nonstick griddle or a large nonstick skillet. Turn pancakes when tops are covered with bubbles and edges look cooked.

Nutrition Facts



Properties

Glycemic Index:56.87, Glycemic Load:32.47, Inflammation Score:-5, Nutrition Score:12.465652071911%

Nutrients (% of daily need)

Calories: 344.42kcal (17.22%), Fat: 11.68g (17.96%), Saturated Fat: 2.43g (15.2%), Carbohydrates: 49.47g (16.49%), Net Carbohydrates: 47.83g (17.39%), Sugar: 19.04g (21.16%), Cholesterol: 76.24mg (25.41%), Sodium: 395.66mg (17.2%), Alcohol: 0.14g (100%), Alcohol %: 0.12% (100%), Protein: 11.4g (22.79%), Selenium: 20.7µg (29.57%), Vitamin B1: 0.35mg (23.63%), Manganese: 0.45mg (22.71%), Vitamin B2: 0.38mg (22.63%), Folate: 90.34µg (22.59%), Phosphorus: 224.45mg (22.44%), Vitamin B3: 4.02mg (20.09%), Calcium: 198.27mg (19.83%), Iron: 2.5mg (13.88%), Vitamin E: 1.63mg (10.87%), Magnesium: 40.28mg (10.07%), Vitamin B12: 0.53µg (8.89%), Vitamin B5: 0.83mg (8.26%), Zinc: 1.13mg (7.51%), Vitamin B6: 0.14mg (7.17%), Vitamin D: 1.07µg (7.16%), Potassium: 243.99mg (6.97%), Fiber: 1.63g (6.54%), Copper: 0.13mg (6.27%), Vitamin K: 5.21µg (4.97%), Vitamin A: 232.95IU (4.66%)