



 1%
HEALTH SCORE

Peanut Butter Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup pancake mix
- 2 tablespoons sugar
- 1 eggs room temperature
- 0.3 cup peanut butter
- 5 ounces evaporated milk canned
- 0.3 cup water
- 0.3 cup butter softened
- 2 tablespoons honey

1 serving maple syrup salted chopped

Equipment

bowl

frying pan

Directions

In a large bowl, combine pancake mix and sugar. In a small bowl, beat egg and peanut butter; add milk and water. Stir into dry ingredients just until moistened.

Pour batter by 1/4 cupfuls onto a lightly greased medium-hot griddle. Turn when bubbles form on top of pancakes; cook until second side is golden brown. In a small bowl, combine butter and honey until smooth.

Serve with pancakes. If desired, top with chopped peanuts and maple syrup.

Nutrition Facts

PROTEIN 10.13% **FAT 57.83%** **CARBS 32.04%**

Properties

Glycemic Index:27.86, Glycemic Load:5.23, Inflammation Score:-3, Nutrition Score:5.2995651727137%

Nutrients (% of daily need)

Calories: 216.51kcal (10.83%), Fat: 14.37g (22.11%), Saturated Fat: 6.05g (37.81%), Carbohydrates: 17.91g (5.97%), Net Carbohydrates: 17.08g (6.21%), Sugar: 11.73g (13.04%), Cholesterol: 52.39mg (17.46%), Sodium: 201.34mg (8.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.66g (11.32%), Phosphorus: 136.08mg (13.61%), Manganese: 0.24mg (12.24%), Vitamin B2: 0.19mg (11.11%), Calcium: 94.6mg (9.46%), Vitamin B3: 1.68mg (8.4%), Vitamin E: 1.23mg (8.2%), Magnesium: 27.53mg (6.88%), Selenium: 4.26µg (6.09%), Vitamin A: 289.94IU (5.8%), Folate: 19.42µg (4.85%), Potassium: 164.36mg (4.7%), Zinc: 0.64mg (4.26%), Vitamin B6: 0.08mg (4.22%), Vitamin B5: 0.4mg (4.05%), Vitamin B1: 0.06mg (4%), Fiber: 0.84g (3.34%), Copper: 0.06mg (3.16%), Iron: 0.55mg (3.08%), Vitamin B12: 0.14µg (2.41%)