



Pecan-Oatmeal Pancakes

READY IN



30 min.

SERVINGS



5

CALORIES



385 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 2 tablespoons brown sugar
- 2 tablespoons butter melted
- 2 eggs lightly beaten
- 1 cup flour all-purpose
- 1.5 cups milk
- 0.5 cup pecans chopped
- 1.5 cups oats
- 0.3 teaspoon salt

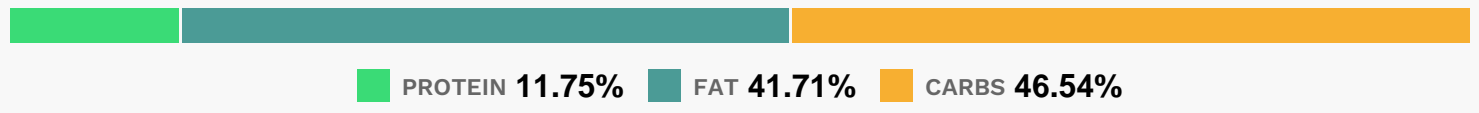
Equipment

- bowl
- frying pan

Directions

- In a bowl, combine oats, flour, brown sugar, baking powder and salt.
- Combine milk, eggs and butter; stir into dry ingredients just until blended. Fold in pecans.
- Pour batter by 1/4 cupfuls onto a lightly greased hot griddle; turn when bubbles form on top of pancakes. Cook until second side is golden brown.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:24.85, Inflammation Score:-6, Nutrition Score:16.980869507012%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg

Nutrients (% of daily need)

Calories: 385kcal (19.25%), Fat: 18.29g (28.14%), Saturated Fat: 3.83g (23.94%), Carbohydrates: 45.92g (15.31%), Net Carbohydrates: 41.91g (15.24%), Sugar: 9.09g (10.1%), Cholesterol: 74.26mg (24.75%), Sodium: 394.06mg (17.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.59g (23.18%), Manganese: 1.72mg (85.92%), Selenium: 24.01µg (34.31%), Phosphorus: 313.91mg (31.39%), Vitamin B1: 0.45mg (29.88%), Magnesium: 96.3mg (24.07%), Calcium: 222.46mg (22.25%), Vitamin B2: 0.35mg (20.61%), Iron: 3.08mg (17.13%), Folate: 64.31µg (16.08%), Fiber: 4.01g (16.04%), Copper: 0.27mg (13.64%), Zinc: 1.98mg (13.17%), Vitamin B3: 1.9mg (9.5%), Vitamin B5: 0.93mg (9.3%), Vitamin B12: 0.56µg (9.29%), Potassium: 301.69mg (8.62%), Vitamin A: 420.04IU (8.4%), Vitamin D: 1.16µg (7.71%), Vitamin B6: 0.14mg (6.76%), Vitamin E: 0.73mg (4.89%), Vitamin K: 1.51µg (1.44%)