



Pecan Pancakes

 Vegetarian

READY IN



16 min.

SERVINGS



10

CALORIES



114 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 large eggs
- 1 cup flour all-purpose
- 1 teaspoon granulated sugar
- 0.5 teaspoon ground cinnamon
- 1 teaspoon brown sugar light
- 1 cup nonfat buttermilk

- 0.3 cup pecans toasted finely chopped
- 0.1 teaspoon salt
- 2 tablespoons vegetable oil

Equipment

- bowl
- frying pan
- whisk

Directions

- Stir together first 8 ingredients until well combined.
- Whisk together buttermilk, oil, and egg in a bowl; add to flour mixture, stirring just until dry ingredients are moistened.
- Pour about 1/4 cup batter for each pancake onto a hot, lightly greased griddle or large skillet. Cook pancakes 2 to 3 minutes or until tops are covered with bubbles and edges look cooked. Turn and cook other sides.
- Serve immediately.
- *1/2 cup fat-free milk and 1 1/2 tsp. lemon juice can be substituted for buttermilk.
- Let stand 10 minutes before whisking mixture with egg and oil.
- Mix up the dry ingredients to keep on hand for an even quicker breakfast meal. Store the mix in an airtight container up to 1 week.

Nutrition Facts



PROTEIN 10.93% **FAT 46.39%** **CARBS 42.68%**

Properties

Glycemic Index:25.21, Glycemic Load:7.25, Inflammation Score:-1, Nutrition Score:3.4821738950584%

Flavonoids

Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg, Cyanidin: 0.39mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin:

0.2mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg

Nutrients (% of daily need)

Calories: 114.2kcal (5.71%), Fat: 5.94g (9.13%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 12.29g (4.1%), Net Carbohydrates: 11.55g (4.2%), Sugar: 2.17g (2.41%), Cholesterol: 19.07mg (6.36%), Sodium: 106.87mg (4.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.15g (6.29%), Manganese: 0.27mg (13.4%), Selenium: 5.92µg (8.46%), Vitamin B1: 0.12mg (8.28%), Folate: 26.03µg (6.51%), Vitamin B2: 0.09mg (5.26%), Vitamin K: 5.21µg (4.96%), Iron: 0.79mg (4.41%), Vitamin B3: 0.79mg (3.93%), Phosphorus: 37.93mg (3.79%), Copper: 0.07mg (3.29%), Fiber: 0.74g (2.96%), Calcium: 23.4mg (2.34%), Vitamin E: 0.34mg (2.24%), Zinc: 0.32mg (2.12%), Magnesium: 7.9mg (1.97%), Vitamin B5: 0.16mg (1.64%), Vitamin B6: 0.02mg (1.1%), Potassium: 36.19mg (1.03%)