



Pleasin' Peanut Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



15

CALORIES



75 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 large egg white
- 1 cup milk fat-free
- 0.3 cup maple syrup warmed pure
- 1 cup pancake mix whole wheat
- 0.5 cup planters cocktail peanuts coarsely chopped
- 0.8 cup strawberries sliced

Equipment

- frying pan

Directions

- Combine pancake mix, peanuts, milk and egg white, stirring just until dry ingredients are moistened.
- Heat a nonstick griddle to 375F or a large skillet on medium heat. Spray lightly with cooking spray.
- Pour 1/4 cup batter for each pancake onto griddle; cook 2 to 3 min. or until bottoms are golden brown. Turn to brown other sides.
- Serve topped with strawberries and syrup.

Nutrition Facts

 PROTEIN **14.51%**  FAT **36.41%**  CARBS **49.08%**

Properties

Glycemic Index:8.27, Glycemic Load:2.23, Inflammation Score:-2, Nutrition Score:3.6813043427208%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg, Pelargonidin: 1.79mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 74.95kcal (3.75%), Fat: 3.12g (4.8%), Saturated Fat: 0.56g (3.49%), Carbohydrates: 9.46g (3.15%), Net Carbohydrates: 8.69g (3.16%), Sugar: 5.48g (6.09%), Cholesterol: 6.64mg (2.21%), Sodium: 55.9mg (2.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.59%), Manganese: 0.33mg (16.69%), Vitamin B2: 0.16mg (9.24%), Phosphorus: 65.54mg (6.55%), Calcium: 54.46mg (5.45%), Vitamin C: 4.29mg (5.19%), Vitamin B3: 0.94mg (4.68%), Vitamin B1: 0.07mg (4.4%), Folate: 16.94µg (4.24%), Magnesium: 15.7mg (3.92%), Potassium: 111.43mg (3.18%), Fiber: 0.77g (3.08%), Selenium: 2µg (2.85%), Copper: 0.05mg (2.61%), Vitamin B12: 0.13µg (2.1%), Zinc: 0.3mg (2.02%), Vitamin B5: 0.2mg (2.01%), Vitamin B6: 0.04mg (1.95%), Iron: 0.34mg (1.9%), Vitamin D: 0.18µg (1.2%), Vitamin A: 55.85IU (1.12%)