



## Poppy Seed Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



8

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 cup flour
- ☐ 1 tsp baking soda
- ☐ 2 tbsp butter melted plus more butter for serving
- ☐ 1 large eggs
- ☐ 0.5 cup greek yogurt whole (, lowfat or nonfat okay)
- ☐ 0.5 cup milk plus more if needed
- ☐ 8 servings maple syrup for serving
- ☐ 1 tbsp poppy seeds

- ☐ 0.5 tsp salt
- ☐ 2 tbsp sugar
- ☐ 1 tsp vanilla

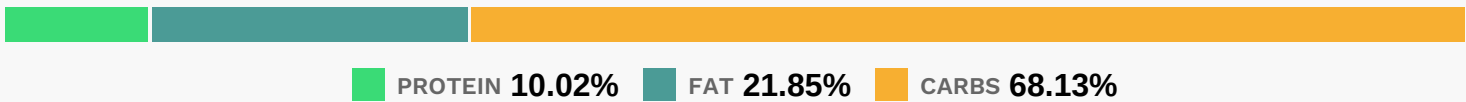
## Equipment

- ☐ frying pan
- ☐ mixing bowl

## Directions

- ☐ Save Recipe
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- ☐ Poppy Seed Pancakes
- ☐ Ingredients1 cup all purpose flour2 tbsp sugar1 tsp baking soda1/2 tsp salt1/2 cup warm lowfat milk, plus more if needed2 tbsp melted butter, plus more butter for serving1 large egg1/2 cup Greek yogurt (whole, lowfat or nonfat okay)1 tsp vanilla1 tbsp poppy seeds
- ☐ Nonstick cooking oil spray, vegetable oil or clarified butter for greasing the skillet
- ☐ Maple syrup for serving
- ☐ You will also need
- ☐ Nonstick skillet or griddle, 2 mixing bowls
- ☐ Total Time: 20 Minutes
- ☐ Servings: 8 pancakes (recipe can easily be doubled)
- ☐ Kosher Key: Dairy

## Nutrition Facts



## Properties

Glycemic Index:29.57, Glycemic Load:15.65, Inflammation Score:-2, Nutrition Score:6.3056521756655%

## Nutrients (% of daily need)

Calories: 178.07kcal (8.9%), Fat: 4.28g (6.58%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 30.03g (10.01%), Net Carbohydrates: 29.39g (10.69%), Sugar: 16.29g (18.09%), Cholesterol: 32.24mg (10.75%), Sodium: 347.09mg (15.09%), Alcohol: 0.18g (100%), Alcohol %: 0.29% (100%), Protein: 4.42g (8.83%), Manganese: 0.65mg (32.27%), Vitamin B2: 0.42mg (24.64%), Selenium: 8.97µg (12.81%), Vitamin B1: 0.16mg (10.61%), Folate: 33.71µg (8.43%), Calcium: 76.95mg (7.7%), Phosphorus: 71.9mg (7.19%), Iron: 0.98mg (5.43%), Vitamin B3: 1mg (5%), Vitamin B12: 0.24µg (3.99%), Magnesium: 15.49mg (3.87%), Zinc: 0.55mg (3.67%), Potassium: 121.05mg (3.46%), Vitamin A: 151.87IU (3.04%), Vitamin B5: 0.27mg (2.67%), Fiber: 0.64g (2.55%), Copper: 0.05mg (2.39%), Vitamin D: 0.29µg (1.91%), Vitamin B6: 0.04mg (1.87%), Vitamin E: 0.18mg (1.21%)