



WHATSheATE



Red Velvet Pancakes



Vegetarian

READY IN



50 min.

SERVINGS



35

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1.5 cups buttermilk
- ☐ 35 servings cream cheese sweet
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons purple gel food coloring red
- ☐ 0.5 cup granulated sugar

- ☐ 1 cup powdered sugar
- ☐ 35 servings powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup cocoa powder unsweetened

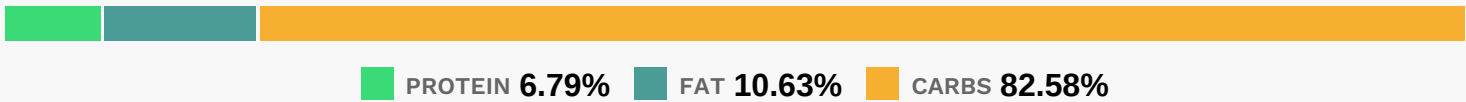
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Sift together first 6 ingredients into a large bowl.
- ☐ Whisk together buttermilk and next 3 ingredients in another bowl. Gradually stir buttermilk mixture into flour mixture just until dry ingredients are moistened.
- ☐ Pour about 1/4 cup batter for each pancake onto a hot buttered griddle or large nonstick skillet. Cook 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked. Turn and cook 3 to 4 minutes or until done.
- ☐ Place in a single layer on a baking sheet, and keep warm in a 200 oven up to 30 minutes.
- ☐ Serve with Sweet Cream–Cheese Butter.
- ☐ Note: When using a griddle, heat it to 35
- ☐ Tip: For tender pancakes, don't overmix the batter; it should be lumpy.

Nutrition Facts



Properties

Glycemic Index:8.43, Glycemic Load:6.15, Inflammation Score:-1, Nutrition Score:2.239565189118%

Flavonoids

Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg, Epicatechin: 2.41mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 98.31kcal (4.92%), Fat: 1.2g (1.85%), Saturated Fat: 0.6g (3.73%), Carbohydrates: 21.04g (7.01%), Net Carbohydrates: 20.39g (7.41%), Sugar: 14.62g (16.24%), Cholesterol: 12.77mg (4.26%), Sodium: 85.68mg (3.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.73g (3.46%), Selenium: 4.03µg (5.75%), Manganese: 0.1mg (4.89%), Vitamin B2: 0.07mg (4.35%), Vitamin B1: 0.06mg (4.22%), Folate: 15.41µg (3.85%), Phosphorus: 35.96mg (3.6%), Iron: 0.58mg (3.24%), Copper: 0.06mg (3.13%), Calcium: 27.28mg (2.73%), Fiber: 0.65g (2.59%), Vitamin B3: 0.46mg (2.3%), Magnesium: 9.21mg (2.3%), Zinc: 0.22mg (1.44%), Potassium: 45.79mg (1.31%), Vitamin D: 0.19µg (1.27%), Vitamin B12: 0.07µg (1.25%), Vitamin B5: 0.12mg (1.23%)