



Rice Flour Pancakes

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



2

CALORIES



484 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 eggs
- 0.5 cup milk
- 1 cup rice flour
- 0.5 teaspoon salt
- 1 tablespoon vegetable oil

Equipment

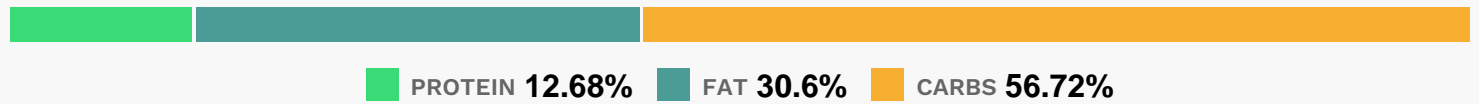
- bowl
- frying pan

- whisk
- mixing bowl

Directions

- Beat the eggs in a mixing bowl; stir in the milk, vegetable oil, and salt.
- Whisk in the rice flour until no dry lumps remain. Cover the bowl and let stand at room temperature for 1 hour or in the refrigerator overnight.
- Heat a lightly-oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle and cook until bubbles form and the edges are dry. Flip and cook until browned on the other side. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:53, Glycemic Load:43.37, Inflammation Score:-3, Nutrition Score:15.054782680843%

Nutrients (% of daily need)

Calories: 483.89kcal (24.19%), Fat: 16.16g (24.87%), Saturated Fat: 4.55g (28.41%), Carbohydrates: 67.43g (22.48%), Net Carbohydrates: 65.51g (23.82%), Sugar: 3.27g (3.64%), Cholesterol: 252.84mg (84.28%), Sodium: 698.27mg (30.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.08g (30.15%), Manganese: 0.98mg (49.12%), Selenium: 33.5µg (47.86%), Phosphorus: 270.69mg (27.07%), Vitamin B6: 0.5mg (24.91%), Vitamin B2: 0.4mg (23.68%), Vitamin B5: 1.89mg (18.95%), Vitamin B12: 0.92µg (15.28%), Vitamin D: 1.99µg (13.27%), Vitamin K: 12.89µg (12.27%), Calcium: 120.35mg (12.03%), Zinc: 1.74mg (11.62%), Vitamin B1: 0.17mg (11.4%), Vitamin B3: 2.19mg (10.93%), Magnesium: 43.26mg (10.81%), Vitamin E: 1.37mg (9.12%), Vitamin A: 455.22IU (9.1%), Folate: 34.22µg (8.56%), Iron: 1.44mg (8.01%), Fiber: 1.92g (7.68%), Copper: 0.15mg (7.63%), Potassium: 243.5mg (6.96%)