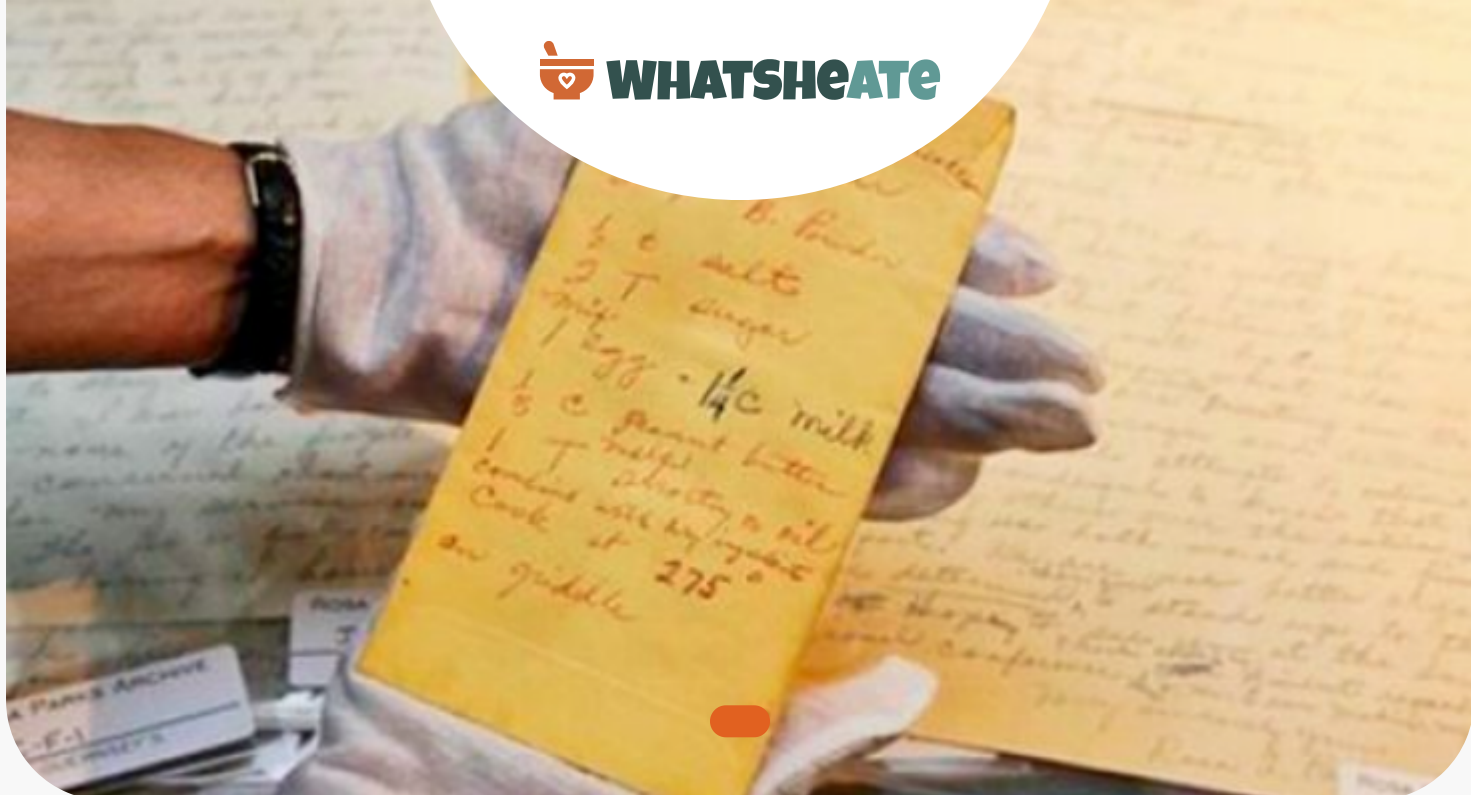




Rosa Parks' 'Featherlite' Peanut Butter Pancakes

READY IN



10 min.

SERVINGS



2

CALORIES



716 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons double-acting baking powder
- ☐ 1 eggs
- ☐ 1 cup flour
- ☐ 1.3 cup milk
- ☐ 0.3 cup peanut butter (I used Peanut Butter & Co. Smooth Operator)
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon shortening (for the pan)
- ☐ 2 tablespoons sugar

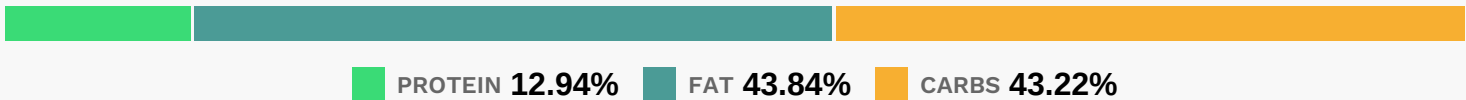
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Sift together the flour, baking powder, salt, and sugar and set aside.
- ☐ In a separate bowl, blend the egg, milk, and peanut butter together until smooth.
- ☐ Combine the dry and wet mixtures. To keep the pancakes tender, don't over mix. A few small lumps are ok.
- ☐ Add the oil or shortening to a hot griddle or frying pan (Ms. Parks specified 275°F). And cook for about 60 seconds on each side. Enjoy with maple syrup, honey, or a dollop of jam.

Nutrition Facts



Properties

Glycemic Index:144.55, Glycemic Load:49.68, Inflammation Score:-7, Nutrition Score:28.762173631917%

Nutrients (% of daily need)

Calories: 716.31kcal (35.82%), Fat: 36g (55.38%), Saturated Fat: 9.56g (59.78%), Carbohydrates: 79.84g (26.61%), Net Carbohydrates: 76.06g (27.66%), Sugar: 24.08g (26.75%), Cholesterol: 100.14mg (33.38%), Sodium: 2128.66mg (92.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.91g (47.81%), Calcium: 936mg (93.6%), Phosphorus: 673.78mg (67.38%), Manganese: 1.07mg (53.61%), Vitamin B3: 9.59mg (47.93%), Selenium: 32.7µg (46.71%), Vitamin B1: 0.65mg (43.03%), Vitamin B2: 0.7mg (41.42%), Folate: 161.7µg (40.42%), Vitamin E: 4.65mg (31.03%), Iron: 5.37mg (29.82%), Magnesium: 110.61mg (27.65%), Vitamin B6: 0.35mg (17.45%), Vitamin B12: 1.02µg (16.99%), Vitamin B5: 1.68mg (16.79%), Potassium: 571.27mg (16.32%), Zinc: 2.44mg (16.28%), Fiber: 3.78g (15.1%), Copper: 0.29mg (14.52%), Vitamin D: 2.12µg (14.12%), Vitamin A: 365.85IU (7.32%), Vitamin K: 4.24µg (4.04%)