



Silver Dollar Sour Cream Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



26 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 tsp baking soda
- 1 cup knudsen cream sour
- 2 eggs
- 0.3 cup flour
- 0.3 tsp salt
- 1 Tbsp sugar

Equipment

- bowl

frying pan

whisk

Directions

Beat eggs in medium bowl with whisk until well blended. Stir in sour cream.

Add remaining ingredients; stir just until dry ingredients are moistened. (Do not overmix. Batter can still be slightly lumpy.)

Heat large nonstick skillet on medium-heat. Working in batches, spoon 1 Tbsp. batter into skillet for each pancake; cook 2 to 3 min. or until bubbles start to form on tops and bottoms are golden brown.

Turn; cook 1 to 2 min. to brown other sides.

Nutrition Facts



PROTEIN 10.7% **FAT 61.26%** **CARBS 28.04%**

Properties

Glycemic Index:4.84, Glycemic Load:1.05, Inflammation Score:-1, Nutrition Score:0.70391303851553%

Nutrients (% of daily need)

Calories: 25.97kcal (1.3%), Fat: 1.78g (2.74%), Saturated Fat: 0.87g (5.43%), Carbohydrates: 1.83g (0.61%), Net Carbohydrates: 1.8g (0.65%), Sugar: 0.68g (0.75%), Cholesterol: 15.44mg (5.15%), Sodium: 46.93mg (2.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.4%), Selenium: 1.66µg (2.37%), Vitamin B2: 0.03mg (1.95%), Phosphorus: 13.13mg (1.31%), Vitamin A: 63.6IU (1.27%), Folate: 4.38µg (1.1%)