



Strawberry-Yogurt Pancakes (White Whole Wheat Flour)

 Vegetarian

READY IN



30 min.

SERVINGS



7

CALORIES



241 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 eggs
- ☐ 1.5 cups flour whole wheat white
- ☐ 6 oz vanilla yogurt low-fat
- ☐ 0.5 teaspoon salt
- ☐ 1.8 cups strawberries fresh sliced

- ☐ 6 oz strawberry yogurt low-fat
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons vegetable oil
- ☐ 0.8 cup water

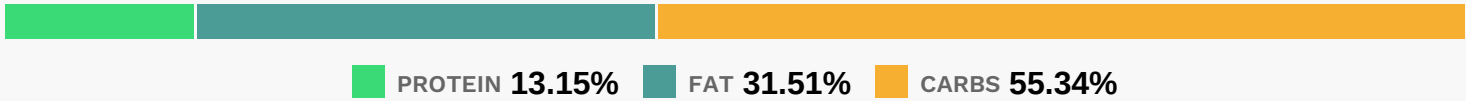
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat griddle or skillet over medium-high heat (375F).
- ☐ Brush with vegetable oil if necessary (or spray with cooking spray before heating).
- ☐ In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside. In medium bowl, beat eggs, vanilla yogurt, water and oil with whisk until well blended.
- ☐ Pour egg mixture all at once into flour mixture; stir until moistened.
- ☐ For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown.
- ☐ Top each serving (2 pancakes) with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

Nutrition Facts



Properties

Glycemic Index:28.87, Glycemic Load:4.55, Inflammation Score:-2, Nutrition Score:6.8173912711765%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg,

Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 241.18kcal (12.06%), Fat: 8.7g (13.38%), Saturated Fat: 1.8g (11.26%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 31g (11.27%), Sugar: 14.5g (16.11%), Cholesterol: 73.55mg (24.52%), Sodium: 362.71mg (15.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.17g (16.33%), Vitamin C: 21.36mg (25.89%), Calcium: 135.75mg (13.58%), Fiber: 3.37g (13.46%), Vitamin K: 11.59µg (11.04%), Vitamin B2: 0.19mg (11.04%), Phosphorus: 110.26mg (11.03%), Selenium: 7.16µg (10.22%), Manganese: 0.15mg (7.3%), Vitamin B12: 0.42µg (7.05%), Iron: 1.2mg (6.64%), Potassium: 205.87mg (5.88%), Vitamin E: 0.78mg (5.23%), Folate: 20.18µg (5.04%), Vitamin B5: 0.47mg (4.68%), Zinc: 0.5mg (3.33%), Vitamin B6: 0.06mg (3%), Magnesium: 11.24mg (2.81%), Vitamin D: 0.38µg (2.51%), Vitamin A: 124.13IU (2.48%), Copper: 0.04mg (1.93%), Vitamin B1: 0.03mg (1.76%)