



Sunny Morning Pancakes

READY IN



30 min.

SERVINGS



30

CALORIES



48 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 tsp calumet baking powder
- 2 eggs separated
- 1.5 cups milk fat-free
- 1.5 cups flour
- 2 Tbsp butter melted
- 0.5 tsp orange zest grated
- 2 Tbsp sugar
- 0.3 cup creamy wheat cereal hot uncooked (enriched farina) (1-minute, 2-)

Equipment

- bowl
- frying pan
- whisk
- hand mixer

Directions

- Mix flour, cereal, sugar and baking powder in large bowl.
- Place egg yolks, milk, margarine and orange zest in medium bowl. Beat with wire whisk until well blended.
- Add to flour mixture; stir just until moistened.
- Beat egg whites with electric mixer on high speed until stiff peaks form.
- Add to batter; stir gently until well blended. (Batter will be lumpy).
- Pour batter onto hot lightly greased griddle or into hot skillet, using 1/4 cup batter for each pancake. Cook on medium-high heat until bubbles form on tops, then turn to brown other sides.
- Serve with Orange
- Spread (see Tip).

Nutrition Facts



PROTEIN 13.68% FAT 21.32% CARBS 65%

Properties

Glycemic Index:9.01, Glycemic Load:4.23, Inflammation Score:-2, Nutrition Score:2.8760869916852%

Nutrients (% of daily need)

Calories: 47.69kcal (2.38%), Fat: 1.15g (1.76%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 7.44g (2.7%), Sugar: 1.65g (1.84%), Cholesterol: 11.28mg (3.76%), Sodium: 38.28mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.65g (3.31%), Vitamin D: 1.87µg (12.47%), Folate: 29.86µg (7.46%), Iron: 0.96mg (5.31%), Vitamin B1: 0.07mg (4.86%), Selenium: 3.27µg (4.67%), Vitamin B2: 0.08mg (4.63%), Phosphorus: 34mg (3.4%), Vitamin B3: 0.6mg (2.98%), Calcium: 28.18mg (2.82%), Vitamin B12: 0.16µg (2.68%), Zinc: 0.36mg

(2.38%), Manganese: 0.04mg (2.19%), Vitamin A: 95.32IU (1.91%), Vitamin B6: 0.04mg (1.8%), Fiber: 0.42g (1.7%), Magnesium: 4.93mg (1.23%), Vitamin B5: 0.12mg (1.17%), Potassium: 38.82mg (1.11%)