



The Ultimate Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



7

CALORIES



242 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups baking mix
- 3 tablespoons sugar
- 2 teaspoons double-acting baking powder
- 1 cup milk
- 2 tablespoons vegetable oil
- 2 eggs
- 1 teaspoon vanilla

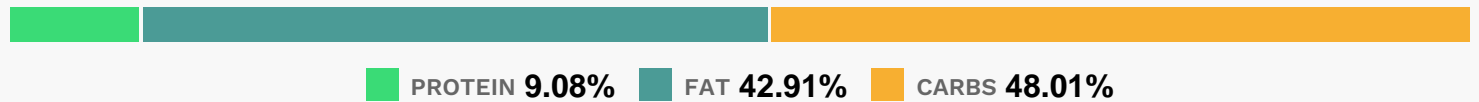
Equipment

- bowl
- frying pan
- whisk

Directions

- Brush griddle or skillet with vegetable oil, or spray with cooking spray.
- Heat griddle to 350°F, or heat skillet over medium–low heat.
- In medium bowl, stir all ingredients with whisk or fork until blended.
- For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook about 30 seconds or until edges are dry. Turn; cook other side until golden brown.

Nutrition Facts



Properties

Glycemic Index:28.58, Glycemic Load:4.5, Inflammation Score:-2, Nutrition Score:7.5256521750403%

Nutrients (% of daily need)

Calories: 242.04kcal (12.1%), Fat: 11.49g (17.68%), Saturated Fat: 2.99g (18.71%), Carbohydrates: 28.93g (9.64%), Net Carbohydrates: 28.21g (10.26%), Sugar: 10.92g (12.14%), Cholesterol: 51.63mg (17.21%), Sodium: 589.83mg (25.64%), Alcohol: 0.2g (100%), Alcohol %: 0.27% (100%), Protein: 5.47g (10.94%), Phosphorus: 285.74mg (28.57%), Calcium: 178.55mg (17.86%), Vitamin B2: 0.26mg (15.11%), Vitamin B1: 0.22mg (14.78%), Folate: 48.77µg (12.19%), Selenium: 7.13µg (10.18%), Vitamin K: 9.52µg (9.06%), Vitamin B3: 1.61mg (8.03%), Vitamin B12: 0.43µg (7.23%), Iron: 1.3mg (7.22%), Vitamin B5: 0.63mg (6.26%), Manganese: 0.12mg (6.16%), Vitamin D: 0.63µg (4.23%), Magnesium: 14.64mg (3.66%), Potassium: 126.7mg (3.62%), Vitamin B6: 0.07mg (3.44%), Vitamin E: 0.51mg (3.41%), Zinc: 0.51mg (3.41%), Copper: 0.06mg (3.15%), Fiber: 0.72g (2.89%), Vitamin A: 125.73IU (2.51%)