



Truck-Stop Buttermilk Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



12

CALORIES



366 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 5 teaspoons double-acting baking powder
- 5 teaspoons baking soda
- 6 tablespoons butter melted
- 5 cups buttermilk
- 5 eggs
- 5 cups flour all-purpose
- 1.5 cups milk
- 5 tablespoons sugar

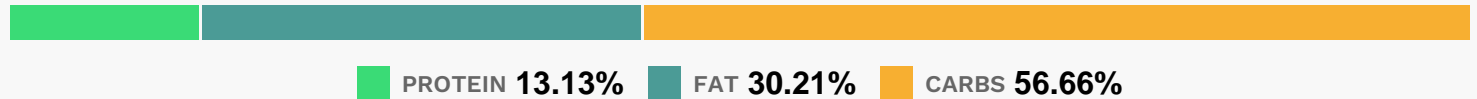
Equipment

- bowl
- frying pan
- whisk
- spatula

Directions

- In a large bowl, whisk together the eggs, milk, butter and buttermilk.
- Combine the flour, baking powder, baking soda and sugar; stir into the wet ingredients just until blended. Adjust the thickness of the batter to your liking by adding more flour or buttermilk if necessary.
- Heat a large skillet over medium heat, and coat with cooking spray.
- Pour 1/4 cupfuls of batter onto the skillet, and cook until bubbles appear on the surface. Flip with a spatula, and cook until browned on the other side. Continue with remaining batter.

Nutrition Facts



Properties

Glycemic Index:29.67, Glycemic Load:34.72, Inflammation Score:-6, Nutrition Score:14.071304290191%

Nutrients (% of daily need)

Calories: 366.42kcal (18.32%), Fat: 12.23g (18.82%), Saturated Fat: 6.72g (42%), Carbohydrates: 51.63g (17.21%), Net Carbohydrates: 50.22g (18.26%), Sugar: 11.55g (12.83%), Cholesterol: 97.91mg (32.64%), Sodium: 821.39mg (35.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.96g (23.92%), Selenium: 27.67µg (39.53%), Vitamin B2: 0.56mg (32.85%), Vitamin B1: 0.48mg (32.04%), Folate: 109.14µg (27.28%), Calcium: 270.26mg (27.03%), Phosphorus: 246.55mg (24.66%), Manganese: 0.37mg (18.3%), Iron: 2.96mg (16.42%), Vitamin B3: 3.21mg (16.07%), Vitamin D: 2µg (13.35%), Vitamin B12: 0.8µg (13.33%), Vitamin B5: 1.01mg (10.11%), Vitamin A: 488.34IU (9.77%), Potassium: 263.89mg (7.54%), Zinc: 1.11mg (7.42%), Magnesium: 27.91mg (6.98%), Copper: 0.11mg (5.7%), Fiber: 1.41g (5.64%), Vitamin B6: 0.11mg (5.44%), Vitamin E: 0.47mg (3.14%), Vitamin K: 1.09µg (1.04%)