



Vegan Pancakes

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



9

CALORIES



88 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 teaspoons double-acting baking powder
- 1.3 cups flour all-purpose
- 1 tablespoon oil
- 0.5 teaspoon salt
- 1.3 cups water
- 2 tablespoons sugar white

Equipment

- bowl

frying pan

whisk

Directions

Sift the flour, sugar, baking powder, and salt into a large bowl.

Whisk the water and oil together in a small bowl. Make a well in the center of the dry ingredients, and pour in the wet. Stir just until blended; mixture will be lumpy.

Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:26.34, Glycemic Load:11.67, Inflammation Score:-1, Nutrition Score:2.8726087342138%

Nutrients (% of daily need)

Calories: 87.68kcal (4.38%), Fat: 1.73g (2.67%), Saturated Fat: 0.14g (0.88%), Carbohydrates: 16.15g (5.38%), Net Carbohydrates: 15.68g (5.7%), Sugar: 2.71g (3.01%), Cholesterol: 0mg (0%), Sodium: 225.43mg (9.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.59%), Vitamin B1: 0.14mg (9.09%), Selenium: 5.9µg (8.43%), Folate: 31.77µg (7.94%), Manganese: 0.12mg (5.95%), Calcium: 55.93mg (5.59%), Vitamin B3: 1.02mg (5.13%), Vitamin B2: 0.09mg (5.07%), Iron: 0.91mg (5.03%), Phosphorus: 38.23mg (3.82%), Vitamin E: 0.28mg (1.88%), Fiber: 0.47g (1.88%), Copper: 0.03mg (1.53%), Vitamin K: 1.16µg (1.11%), Magnesium: 4.39mg (1.1%)