



Wheat Germ Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



189 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 2 large egg whites
- ☐ 1.3 cups flour all-purpose
- ☐ 2 cups buttermilk low-fat
- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 0.5 cup honey-crunch wheat germ toasted
- ☐ 0.3 cup flour whole-wheat

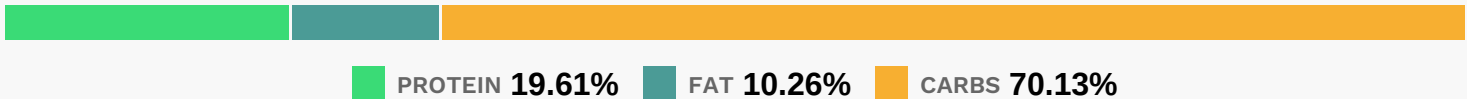
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ wire rack
- ☐ ziploc bags
- ☐ wax paper
- ☐ microwave
- ☐ measuring cup
- ☐ toaster

Directions

- ☐ Lightly spoon flours into dry measuring cups, and level with a knife.
- ☐ Combine flours and the next 4 ingredients (flours through salt) in a large bowl.
- ☐ Combine buttermilk and egg whites; add to flour mixture, stirring until smooth.
- ☐ Spoon about 1/4 cup batter per pancake onto a hot nonstick griddle or a large nonstick skillet coated with cooking spray. Turn the pancakes when tops are covered with bubbles and edges look cooked; cook for 1 to 2 minutes more or until golden.
- ☐ Note: To freeze, cool the cooked pancakes completely on a wire rack.
- ☐ Place in a heavy-duty zip-top plastic bag, separating the pancakes with wax paper. To reheat, microwave pancakes at high for 45 seconds, or place in the toaster at medium-high heat for 2 cycles or until hot.

Nutrition Facts



Properties

Glycemic Index:24.18, Glycemic Load:15.31, Inflammation Score:-4, Nutrition Score:13.48913056371%

Nutrients (% of daily need)

Calories: 189.15kcal (9.46%), Fat: 2.19g (3.37%), Saturated Fat: 0.75g (4.68%), Carbohydrates: 33.68g (11.23%), Net Carbohydrates: 31.17g (11.34%), Sugar: 5.33g (5.92%), Cholesterol: 3.2mg (1.07%), Sodium: 417.74mg (18.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.83%), Manganese: 1.66mg (82.94%), Selenium: 23.32µg (33.31%), Vitamin B1: 0.44mg (29.17%), Vitamin B2: 0.36mg (20.97%), Folate: 81.23µg (20.31%), Phosphorus: 199.52mg (19.95%), Vitamin B3: 2.5mg (12.48%), Zinc: 1.83mg (12.2%), Magnesium: 45.5mg (11.37%), Iron: 2.04mg (11.33%), Calcium: 102.99mg (10.3%), Fiber: 2.5g (10.01%), Vitamin B6: 0.18mg (9.21%), Potassium: 270.27mg (7.72%), Copper: 0.15mg (7.29%), Vitamin B5: 0.6mg (6.01%), Vitamin B12: 0.19µg (3.1%)