

Whole Grain Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



166 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 3 tablespoons brown sugar
- 2 cups buttermilk
- 0.3 cup cornmeal
- 1 eggs beaten
- 3 tablespoons ground flaxseed
- 0.5 cup rolled oats

1 cup flour whole wheat

Equipment

bowl

frying pan

Directions

In a large bowl, stir together the whole wheat flour, oats, cornmeal, flaxseed meal, brown sugar, baking powder, and baking soda.

Pour in buttermilk and egg. Stir just until smooth.

Heat a large skillet or griddle over medium heat. Coat with cooking spray. 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

 **PROTEIN 14.61%** **FAT 24.28%** **CARBS 61.11%**

Properties

Glycemic Index:32.94, Glycemic Load:4.38, Inflammation Score:-3, Nutrition Score:9.1817391004575%

Nutrients (% of daily need)

Calories: 165.73kcal (8.29%), Fat: 4.61g (7.1%), Saturated Fat: 1.58g (9.88%), Carbohydrates: 26.13g (8.71%), Net Carbohydrates: 22.83g (8.3%), Sugar: 7.54g (8.38%), Cholesterol: 27.06mg (9.02%), Sodium: 195.06mg (8.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.24g (12.49%), Manganese: 0.9mg (44.89%), Selenium: 15.66µg (22.38%), Phosphorus: 175.38mg (17.54%), Fiber: 3.3g (13.21%), Magnesium: 50.35mg (12.59%), Vitamin B1: 0.19mg (12.46%), Calcium: 119.92mg (11.99%), Vitamin B2: 0.17mg (9.99%), Zinc: 1.14mg (7.62%), Copper: 0.15mg (7.32%), Vitamin B6: 0.14mg (7.03%), Iron: 1.26mg (6.98%), Vitamin D: 0.89µg (5.93%), Potassium: 204.81mg (5.85%), Vitamin B12: 0.32µg (5.42%), Vitamin B3: 1.07mg (5.33%), Vitamin B5: 0.52mg (5.21%), Folate: 17.82µg (4.46%), Vitamin A: 130.05IU (2.6%), Vitamin E: 0.25mg (1.69%)