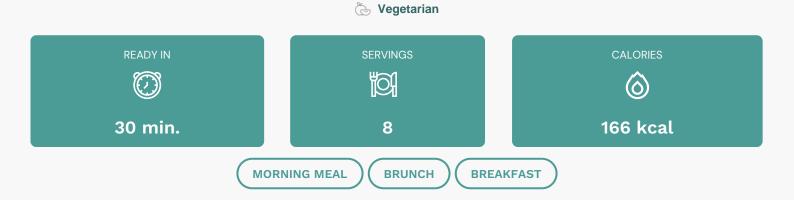


Whole Grain Pancakes



Ingredients

Ш	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: Og (100%), Alcohol %: O% (100%), Protein: 6.24g (12.49%), Manganese: O.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: O.19mg (12.46%), Calcium: 119.92mg (11.99%), Vitamin B2: O.17mg (9.99%), Zinc: 1.14mg (7.62%), Copper: O.15mg (7.32%), Vitamin B6: O.14mg (7.03%), Iron: 1.26mg (6.98%), Vitamin D: O.89µg (5.93%), Potassium: 204.81mg (5.85%), Vitamin B12: O.32µg (5.42%), Vitamin B3: 1.07mg (5.33%), Vitamin B5: O.52mg (5.21%), Folate: 17.82µg (4.46%), Vitamin A: 130.05IU (2.6%), Vitamin E: O.25mg (1.69%)