



Whole Grain Pancakes



Vegetarian

READY IN

ready

30 min.

SERVINGS

servings

8

CALORIES

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 flaxseed meal
- ☐ 0.5 cup rolled oats

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1 cup flour whole wheat

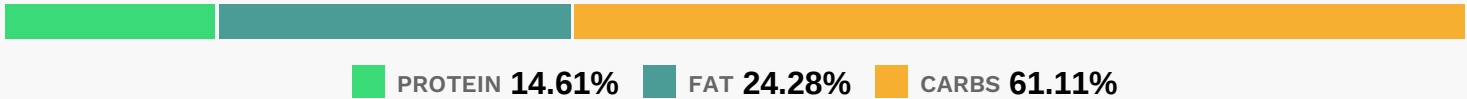
Equipment

- ☐ 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



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%)