



Whole-Grain Strawberry Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



7

CALORIES



247 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 3 tablespoons canola oil
- ☐ 3 eggs
- ☐ 1.5 cups flour whole wheat
- ☐ 0.5 teaspoon salt
- ☐ 1.8 cups strawberries fresh sliced
- ☐ 0.7 cup strawberry yogurt fat free 99% yoplait® (from 2-lb container)

- ☐ 0.7 cup strawberry yogurt fat free 99% yoplait® (from 2-lb container)
- ☐ 3 tablespoons sugar
- ☐ 0.8 cup water

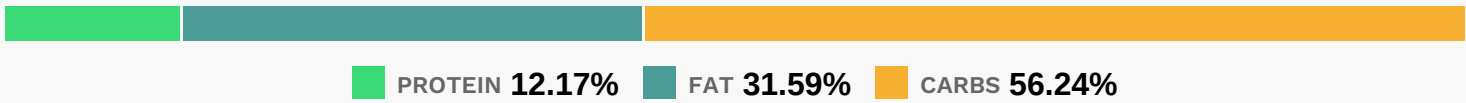
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat griddle 12-inch skillet to 375F or over medium-high heat. If necessary, grease with canola oil (or spray with cooking spray before heating).
- ☐ In large bowl, mix flour, sugar, baking powder, baking soda and salt; set aside. In medium bowl, beat eggs, 2/3 cup vanilla yogurt, the water and oil with wire whisk until well blended.
- ☐ Pour egg mixture all at once into flour mixture; stir until moistened.
- ☐ For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle. Cook pancakes 1 to 2 minutes or until bubbly on top, puffed and dry around edges. Turn; cook other sides 1 to 2 minutes or until golden brown.
- ☐ Place 2 pancakes on each individual serving plate. Top each with 1/4 cup sliced strawberries and 1 to 2 tablespoons strawberry yogurt.

Nutrition Facts



Properties

Glycemic Index:28.87, Glycemic Load:4.55, Inflammation Score:-4, Nutrition Score:12.067391260811%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg,

Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 246.66kcal (12.33%), Fat: 8.98g (13.82%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 32.36g (11.77%), Sugar: 15.09g (16.77%), Cholesterol: 74.35mg (24.78%), Sodium: 359.49mg (15.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.57%), Manganese: 1.19mg (59.54%), Selenium: 21.86µg (31.23%), Vitamin C: 21.17mg (25.66%), Phosphorus: 186.7mg (18.67%), Fiber: 3.61g (14.45%), Vitamin B2: 0.22mg (13.03%), Calcium: 109.95mg (11%), Magnesium: 42.58mg (10.65%), Vitamin E: 1.53mg (10.23%), Vitamin B1: 0.15mg (9.68%), Iron: 1.53mg (8.51%), Vitamin B6: 0.15mg (7.68%), Potassium: 257.3mg (7.35%), Folate: 28.82µg (7.2%), Vitamin B3: 1.43mg (7.14%), Copper: 0.14mg (7.04%), Vitamin B12: 0.41µg (6.84%), Zinc: 0.97mg (6.44%), Vitamin K: 5.62µg (5.35%), Vitamin B5: 0.49mg (4.89%), Vitamin D: 0.38µg (2.51%), Vitamin A: 122.93IU (2.46%)