



## Whole Wheat Buttermilk Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



349 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.5 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 3 tablespoons butter
- 1 large eggs
- 1 large egg white
- 0.8 cup flour all-purpose
- 1.5 cups buttermilk low-fat
- 0.8 cup maple syrup

- 0.5 teaspoon salt
- 3 tablespoons sugar
- 1 tablespoon vegetable oil
- 0.8 cup flour whole wheat

## Equipment

- bowl
- frying pan
- knife
- whisk
- measuring cup

## Directions

- Lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, sugar, baking powder, baking soda, and salt in a large bowl, stirring with a whisk.
- Combine buttermilk, oil, egg, and egg white, stirring with a whisk; add to flour mixture, stirring just until moist.
- Heat a nonstick griddle or nonstick skillet coated with cooking spray over medium heat. Spoon about 1/4 cup batter per pancake onto griddle. Turn pancakes over when tops are covered with bubbles and edges look cooked.
- Serve with syrup and butter.

## Nutrition Facts



## Properties

Glycemic Index:53.93, Glycemic Load:22.97, Inflammation Score:-4, Nutrition Score:13.200434814329%

## Nutrients (% of daily need)

Calories: 349.18kcal (17.46%), Fat: 9.93g (15.28%), Saturated Fat: 4.69g (29.31%), Carbohydrates: 59.07g (19.69%), Net Carbohydrates: 57.04g (20.74%), Sugar: 33.16g (36.84%), Cholesterol: 48.45mg (16.15%), Sodium: 550.06mg (23.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.29g (14.58%), Manganese: 1.65mg (82.37%), Vitamin B2: 0.77mg (45.37%), Selenium: 19.53µg (27.91%), Calcium: 186.59mg (18.66%), Vitamin B1: 0.25mg (16.59%), Phosphorus: 164.74mg (16.47%), Folate: 42.54µg (10.64%), Magnesium: 41.06mg (10.27%), Iron: 1.61mg (8.92%), Vitamin B3: 1.75mg (8.74%), Fiber: 2.03g (8.12%), Potassium: 274.84mg (7.85%), Zinc: 1.15mg (7.67%), Vitamin B6: 0.1mg (5.15%), Vitamin A: 249.48IU (4.99%), Copper: 0.1mg (4.93%), Vitamin K: 5.08µg (4.83%), Vitamin B5: 0.47mg (4.7%), Vitamin E: 0.58mg (3.87%), Vitamin B12: 0.22µg (3.72%), Vitamin D: 0.17µg (1.11%)