



Whole Wheat Buttermilk Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



18

CALORIES



107 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 eggs
- ☐ 2 cups buttermilk
- ☐ 0.3 cup vegetable oil
- ☐ 2 cups flour whole wheat
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 0.5 teaspoon salt

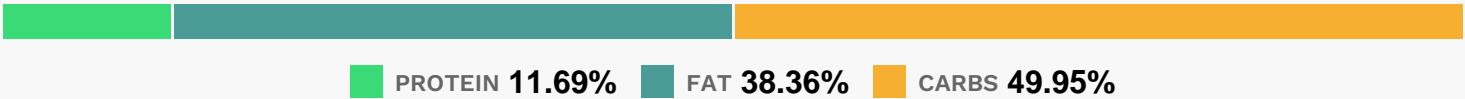
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In large bowl, beat eggs with wire whisk until fluffy. Beat in remaining ingredients just until smooth. (For thinner pancakes, stir in 1 to 2 tablespoons more milk.)
- ☐ Heat griddle or skillet over medium heat or to 350°F. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.) Grease griddle with vegetable oil if necessary (or spray with cooking spray before heating).
- ☐ For each pancake, pour 1/4 cup batter from cup or pitcher onto hot griddle. Cook until puffed and dry around edges. Turn and cook other side until golden brown.

Nutrition Facts



Properties

Glycemic Index:10.73, Glycemic Load:2.45, Inflammation Score:-2, Nutrition Score:5.2239130528077%

Nutrients (% of daily need)

Calories: 106.55kcal (5.33%), Fat: 4.72g (7.26%), Saturated Fat: 1.18g (7.37%), Carbohydrates: 13.82g (4.61%), Net Carbohydrates: 12.39g (4.51%), Sugar: 4.15g (4.61%), Cholesterol: 21.12mg (7.04%), Sodium: 207.74mg (9.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Manganese: 0.55mg (27.25%), Selenium: 10.75µg (15.35%), Phosphorus: 89.68mg (8.97%), Calcium: 64.12mg (6.41%), Fiber: 1.43g (5.71%), Vitamin K: 5.92µg (5.63%), Vitamin B1: 0.08mg (5.43%), Magnesium: 21.64mg (5.41%), Vitamin B2: 0.09mg (5.34%), Vitamin B6: 0.07mg (3.61%), Iron: 0.63mg (3.47%), Vitamin B3: 0.69mg (3.44%), Zinc: 0.51mg (3.41%), Copper: 0.07mg (3.26%), Vitamin D: 0.44µg (2.96%), Vitamin B12: 0.17µg (2.77%), Vitamin E: 0.41mg (2.75%), Potassium: 91.3mg (2.61%), Vitamin B5: 0.26mg (2.57%), Folate: 9.5µg (2.37%), Vitamin A: 71.6IU (1.43%)