



Whole Wheat Buttermilk Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



154 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 tablespoon brown sugar
- ☐ 1.3 cup buttermilk
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 1 tablespoon vegetable oil
- ☐ 2 tablespoon wheat germ
- ☐ 0.8 cup flour whole wheat

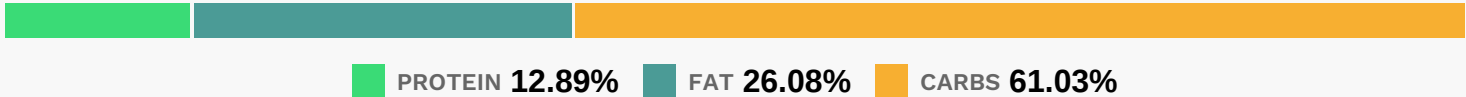
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ In mixing bowl whisk together dry all the ingredients. In a separate bowl combine egg, milk and oil, mix well.
- ☐ Add to wet ingredients to the flour mixture all at once. Stir until just blended. Do not over mix.
- ☐ Let the batter rest about 20 minutes.
- ☐ Pour batter, in 6-inch circles for each pancake onto a hot, lightly greased griddle or skillet. Cook over medium heat until golden brown, turning when top is very bubbly with slightly dry edges.
- ☐ Serve with butter, syrup and fresh fruit.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:6.51, Inflammation Score:-3, Nutrition Score:8.3895652035008%

Nutrients (% of daily need)

Calories: 154.15kcal (7.71%), Fat: 4.58g (7.04%), Saturated Fat: 1.41g (8.79%), Carbohydrates: 24.1g (8.03%), Net Carbohydrates: 21.97g (7.99%), Sugar: 4.47g (4.97%), Cholesterol: 5.5mg (1.83%), Sodium: 429.98mg (18.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.18%), Manganese: 0.93mg (46.44%), Selenium: 16.13µg (23.04%), Vitamin B1: 0.22mg (14.34%), Phosphorus: 122.82mg (12.28%), Vitamin B2: 0.17mg (10.08%), Fiber: 2.13g (8.51%), Folate: 33.33µg (8.33%), Magnesium: 32.41mg (8.1%), Vitamin B3: 1.53mg (7.65%), Calcium: 66.66mg (6.67%), Iron: 1.17mg (6.5%), Zinc: 0.88mg (5.86%), Vitamin B6: 0.11mg (5.41%), Copper: 0.1mg (5.23%), Vitamin K: 4.63µg (4.41%), Potassium: 152.15mg (4.35%), Vitamin D: 0.65µg (4.33%), Vitamin B12: 0.23µg (3.83%), Vitamin B5: 0.37mg (3.7%), Vitamin E: 0.33mg (2.22%), Vitamin A: 83.85IU (1.68%)