



Whole Wheat Pancakes from Scratch

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



287 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 3 cups buttermilk
- ☐ 1 tablespoon canola oil
- ☐ 2 eggs lightly beaten
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup wheat germ
- ☐ 2 cups flour whole wheat

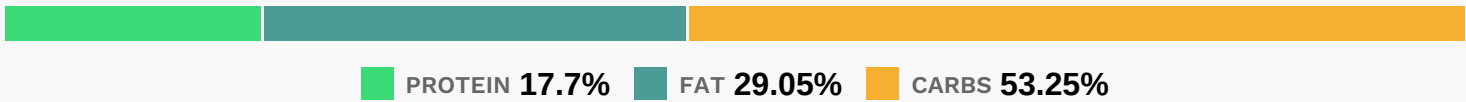
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread wheat germ over a baking sheet.
- ☐ Bake in the preheated oven until toasted, about 5 minutes. Cool slightly, then transfer wheat germ to a large bowl.
- ☐ Stir flour, baking soda, and salt into wheat germ. Beat buttermilk, eggs, and oil in another bowl until smooth; pour egg mixture into flour mixture and stir until batter is just blended.
- ☐ Heat griddle over medium-high heat and coat with cooking spray.
- ☐ Pour 1/4 cup portions of batter onto the griddle and cook until bubbles form and the edges are dry, about 2 minutes. Flip and cook until browned on the other side, about 3 minutes more. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:1.82, Inflammation Score:-6, Nutrition Score:20.069565337637%

Nutrients (% of daily need)

Calories: 286.5kcal (14.32%), Fat: 9.63g (14.82%), Saturated Fat: 3.24g (20.26%), Carbohydrates: 39.71g (13.24%), Net Carbohydrates: 34.17g (12.43%), Sugar: 6.07g (6.75%), Cholesterol: 67.76mg (22.59%), Sodium: 524.97mg (22.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.41%), Manganese: 2.91mg (145.54%), Selenium: 41.25µg (58.94%), Phosphorus: 354.53mg (35.45%), Vitamin B1: 0.44mg (29.56%), Magnesium: 91.47mg (22.87%), Vitamin B2: 0.39mg (22.78%), Fiber: 5.55g (22.18%), Zinc: 2.86mg (19.09%), Vitamin B6: 0.36mg (17.78%), Calcium: 163.67mg (16.37%), Folate: 57.42µg (14.36%), Copper: 0.28mg (14.05%), Vitamin B3: 2.75mg (13.77%), Iron: 2.33mg (12.97%), Vitamin D: 1.85µg (12.36%), Potassium: 412.96mg (11.8%), Vitamin B5: 1.14mg (11.38%), Vitamin B12: 0.68µg (11.38%), Vitamin E: 0.93mg (6.2%), Vitamin A: 280.8IU (5.62%), Vitamin K: 2.83µg (2.69%)