

# Wild Rice Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



12

CALORIES



270 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 tablespoon double-acting baking powder
- 3 tablespoons butter melted
- 3 cups buttermilk
- 3 eggs
- 3 cups flour all-purpose
- 1.5 teaspoons ground nutmeg
- 0.8 teaspoon salt
- 1 teaspoon vanilla extract

- 5 cups water
- 0.3 cup sugar white
- 1.3 cups rice wild

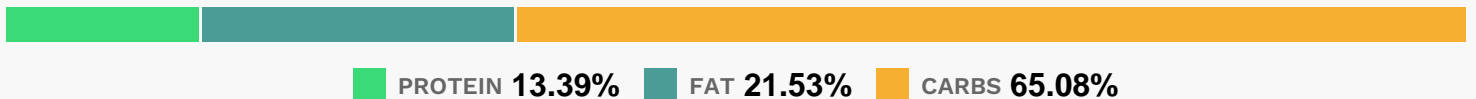
## Equipment

- bowl
- frying pan
- sauce pan
- whisk

## Directions

- Bring the wild rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender but not mushy, 20 to 45 minutes depending on the variety of wild rice.
- Drain off any excess liquid, fluff the rice with a fork, and cook uncovered 5 minutes more.
- Whisk eggs, buttermilk, and vanilla in a large bowl.
- Combine flour, sugar, baking powder, nutmeg, and salt in a separate large bowl. Slowly add the dry ingredients to the egg mixture, beating well to make a smooth batter. Stir in butter and cooked wild rice.
- Heat a lightly oiled griddle or skillet over medium-high heat. For each pancake, pour 1/4 cup batter on griddle and cook until browned, about 1 1/2 minutes. Flip and cook until browned on the other side, about 1 minute. Continue with remaining batter.

## Nutrition Facts



## Properties

Glycemic Index:37.01, Glycemic Load:27.78, Inflammation Score:-5, Nutrition Score:10.785652194739%

## Nutrients (% of daily need)

Calories: 270.12kcal (13.51%), Fat: 6.46g (9.94%), Saturated Fat: 3.42g (21.39%), Carbohydrates: 43.93g (14.64%), Net Carbohydrates: 42g (15.27%), Sugar: 7.74g (8.6%), Cholesterol: 55.04mg (18.35%), Sodium: 359.3mg (15.62%),

Alcohol: 0.11g (100%), Alcohol %: 0.06% (100%), Protein: 9.04g (18.08%), Selenium: 16.72µg (23.89%), Manganese: 0.45mg (22.44%), Vitamin B2: 0.35mg (20.82%), Folate: 81.49µg (20.37%), Phosphorus: 202mg (20.2%), Vitamin B1: 0.3mg (19.88%), Vitamin B3: 3.04mg (15.18%), Calcium: 146.53mg (14.65%), Iron: 2.11mg (11.72%), Magnesium: 45.52mg (11.38%), Zinc: 1.6mg (10.68%), Copper: 0.17mg (8.72%), Fiber: 1.93g (7.72%), Vitamin B5: 0.72mg (7.16%), Vitamin D: 1µg (6.67%), Vitamin B12: 0.38µg (6.33%), Vitamin B6: 0.12mg (5.99%), Potassium: 203.31mg (5.81%), Vitamin A: 249.29IU (4.99%), Vitamin E: 0.39mg (2.63%)