

# World's Best Vegan Pancakes

 Dairy Free

READY IN



22 min.

SERVINGS



4

CALORIES



531 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1 tablespoon custard powder
- 4 cups self-rising flour
- 2 cups soy milk
- 1 tablespoon sugar white

## Equipment

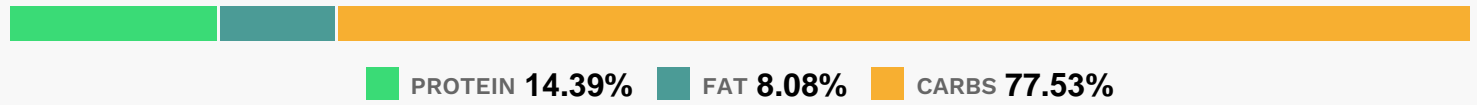
- bowl
- frying pan
- whisk

spatula

## Directions

- In a large bowl, stir together the flour, sugar and custard powder.
- Mix in the soy milk with a whisk so there are no lumps.
- Heat a griddle over medium heat, and coat with nonstick cooking spray. Spoon batter onto the surface, and cook until bubbles begin to form on the surface. Flip with a spatula and cook on the other side until golden.

## Nutrition Facts



## Properties

Glycemic Index:42.63, Glycemic Load:62.03, Inflammation Score:-6, Nutrition Score:17.432608454124%

## Nutrients (% of daily need)

Calories: 531.06kcal (26.55%), Fat: 4.67g (7.18%), Saturated Fat: 0.62g (3.89%), Carbohydrates: 100.78g (33.59%), Net Carbohydrates: 97.31g (35.39%), Sugar: 6.37g (7.07%), Cholesterol: 9.54mg (3.18%), Sodium: 71.92mg (3.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.7g (37.4%), Selenium: 52.97µg (75.67%), Manganese: 0.99mg (49.54%), Vitamin B3: 5.15mg (25.73%), Vitamin E: 3.47mg (23.16%), Vitamin B12: 1.32µg (21.96%), Folate: 80.12µg (20.03%), Calcium: 192.41mg (19.24%), Vitamin B2: 0.33mg (19.15%), Copper: 0.37mg (18.73%), Vitamin B6: 0.33mg (16.46%), Fiber: 3.47g (13.89%), Phosphorus: 133.52mg (13.35%), Vitamin B1: 0.18mg (11.9%), Vitamin C: 8.51mg (10.32%), Iron: 1.78mg (9.87%), Vitamin A: 474.26IU (9.49%), Vitamin D: 1.42µg (9.44%), Zinc: 1.38mg (9.23%), Potassium: 311.4mg (8.9%), Magnesium: 32.91mg (8.23%), Vitamin B5: 0.63mg (6.3%)