

# Yeast Pancakes

 Vegetarian

READY IN



825 min.

SERVINGS



8

CALORIES



236 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 0.3 cup butter melted
- 1 eggs
- 2.3 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1.5 cups warm milk
- 1 teaspoon salt
- 1 teaspoon vanilla extract
- 3 tablespoons sugar white

2.3 teaspoons rapid rise yeast

## Equipment

bowl

frying pan

whisk

## Directions

In a large bowl combine flour, white sugar, salt, cinnamon and yeast; mix well.

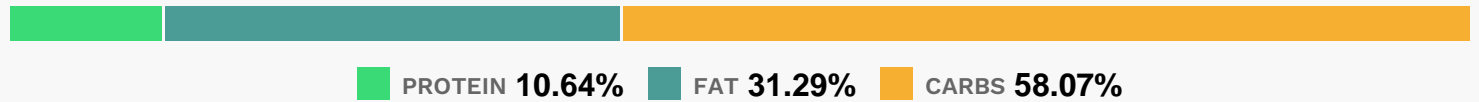
Add vanilla, milk, butter, and egg until well blended. Cover and place in refrigerator overnight.

Heat a lightly oiled griddle or frying pan over medium high heat. Stir the batter with a whisk.

Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake.

Brown on both sides and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:29.76, Glycemic Load:23.37, Inflammation Score:-5, Nutrition Score:8.129130459755%

## Nutrients (% of daily need)

Calories: 236.37kcal (11.82%), Fat: 8.17g (12.57%), Saturated Fat: 4.73g (29.58%), Carbohydrates: 34.12g (11.37%), Net Carbohydrates: 32.8g (11.93%), Sugar: 6.88g (7.64%), Cholesterol: 41.2mg (13.73%), Sodium: 362.76mg (15.77%), Alcohol: 0.17g (100%), Alcohol %: 0.22% (100%), Protein: 6.25g (12.5%), Vitamin B1: 0.4mg (26.7%), Folate: 87.62µg (21.91%), Selenium: 14.65µg (20.93%), Vitamin B2: 0.3mg (17.69%), Manganese: 0.29mg (14.58%), Vitamin B3: 2.49mg (12.44%), Phosphorus: 102.53mg (10.25%), Iron: 1.77mg (9.86%), Calcium: 69.38mg (6.94%), Vitamin A: 281.83IU (5.64%), Vitamin B5: 0.54mg (5.36%), Fiber: 1.32g (5.27%), Vitamin B12: 0.31µg (5.14%), Vitamin D: 0.61µg (4.09%), Zinc: 0.59mg (3.91%), Magnesium: 14.72mg (3.68%), Potassium: 125.86mg (3.6%), Vitamin B6: 0.07mg (3.33%), Copper: 0.06mg (3.03%), Vitamin E: 0.27mg (1.81%)