



A Nutrition Resource

OATMEAL PANCAKES

Yield: 4 Servings | Serving Size: 2 pancakes

Cost/serving: \$0.32

Ingredients:

- 1 1/4 cups nonfat or low-fat milk
- 1 cup oats
- 1 Tablespoon oil
- 2 eggs, beaten
- 1/2 cup flour
- 1 Tablespoon brown or white sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt

Directions:

- 1) Heat griddle or skillet over medium heat.
- 2) Mix milk and oatmeal in a bowl. Let stand 5 minutes.
- 3) Add oil and eggs, mixing well.
- 4) Stir in flour, sugar, baking powder, and salt.
- 5) Pour 1/4 cup of batter for each pancake on a lightly oiled griddle or skillet.
- 6) Turn the pancake when golden brown and bubbles form.

Nutrition Facts

4 servings per container
Serving size 2 pancakes (143g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 7g 9%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 85mg 28%

Sodium 490mg 21%

Total Carbohydrate 33g 12%

Dietary Fiber 2g 7%

Total Sugars 7g

Includes 3g Added Sugars 6%

Protein 9g

Vitamin D 0mcg 0%

Calcium 143mg 10%

Iron 2mg 10%

Potassium 242mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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