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Protein Pancakes.

Protein pancakes are a delicious and nutritious breakfast option. They are made with protein-rich ingredients and are perfect for those looking to increase their protein intake. These pancakes are fluffy, filling, and packed with flavor. They can be enjoyed with a variety of toppings, such as fresh fruit, nuts, or maple syrup.

Recipe Type: Standard	Prep Time: 10 mins
Cook Time: 10 mins	Total Time: 20 mins
Recipe Yield: 200 grams	Number of Servings: 4
Serving Size: 50 g	

Ingredients

100 g	oat flour
30 g	whey protein powder
2 tsp	baking powder
2 units	Egg
200 ml	milk

1 tsp	vanilla extract
2 tbsp	honey
1 tsp	salt
2 tbsp	oil

Directions

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Step 1

Mixing

In a large bowl, mix together the oat flour, protein powder, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Whisking

In a separate bowl, whisk together the eggs, milk, vanilla extract, honey, and oil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

Pour the wet ingredients into the dry ingredients and stir until just combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Heating

Heat a non-stick skillet or griddle over medium heat and lightly grease with oil.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Cooking

Pour 1/4 cup of batter onto the skillet for each pancake.

Prep Time: 0 mins

Cook Time: 3 mins

Step 6

Cooking

Cook until bubbles form on the surface of the pancake, then flip and cook for another 2-3 minutes.

Prep Time: 0 mins

Cook Time: 3 mins

Step 7

Cooking

Repeat with the remaining batter.

Prep Time: 0 mins

Cook Time: 6 mins

Nutrition Facts

Calories: 200 kcal

Fat: 4g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

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Proteins

Nutrient Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	20 g	117.65%	117.65%	
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	3 g	7.89%	12%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
Cholesterol	100 mg	N/A	N/A

Vitamins

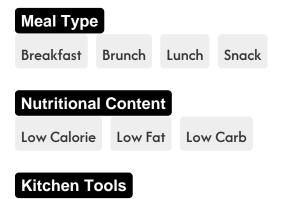
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	4 mg	36.36%	50%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes



Blender	
Course	
Appetizers Side Dishes Desserts Salads Snacks	
Cultural Chinese New Year Easter	
Cost	
Under \$10	
Demographics	
Kids Friendly Teen Friendly Diabetic Friendly	
Diet	
Mediterranean Diet	
Difficulty Level	
Medium	

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