



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

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

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: 4 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
----------	-------	------------------------	--------------------------

Protein	20 g	117.65%	117.65%
---------	------	---------	---------

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

Meal Type

Breakfast

Brunch

Lunch

Snack

Nutritional Content

Low Calorie

Low Fat

Low Carb

Kitchen Tools

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

Visit our website: healthdor.com