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## Buckwheat Pancakes ♦♦

Buckwheat pancakes are a delicious and nutritious breakfast option. They are made with buckwheat flour, which is gluten-free and high in fiber. These pancakes have a hearty and nutty flavor, and they are perfect for those following a vegetarian diet.

**Recipe Type:** Vegetarian

**Prep Time:** 10 mins

**Cook Time:** 15 mins

**Total Time:** 25 mins

**Recipe Yield:** 200 grams

**Number of Servings:** 4

**Serving Size:** 50 g

### Ingredients

<b>150 g</b>	Buckwheat Flour
<b>50 g</b>	All-Purpose Flour
<b>2 tsp</b>	baking powder
<b>1 tsp</b>	salt
<b>2 tbsp</b>	sugar

1 units Egg

250 ml milk

2 tbsp vegetable oil

## Directions

### Step 1

In a large mixing bowl, combine the buckwheat flour, all-purpose flour, baking powder, salt, and sugar.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

### Step 2

In a separate bowl, whisk together the egg, milk, and vegetable 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 pan or griddle over medium heat and lightly grease with oil or butter.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

### Cooking

Pour 1/4 cup of batter onto the pan for each pancake and cook until bubbles form on the surface, then flip and cook for another 1-2 minutes.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

### Cooking

Repeat with the remaining batter.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 7

### Serving

Serve the pancakes warm with your favorite toppings, such as maple syrup, fresh fruits, or yogurt.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 120 kcal

**Fat:** 3 g

**Protein:** 4 g

**Carbohydrates:** 19 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	19 g	34.55%	38%
Fibers	2 g	5.26%	8%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	30 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%
Vitamin B6	0 mg	0%	0%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	4 mg	0.4%	0.4%
Iron	6 mg	75%	33.33%
Potassium	100 mg	2.94%	3.85%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Seasonality

Spring Summer

### Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

### Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Sugar-Free

### Kitchen Tools

Blender

### Course

Breads

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### Cultural

Chinese New Year

### Difficulty Level

Medium

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