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## Keto Pancakes · ·

Keto pancakes are a low-carb and high-fat alternative to traditional pancakes. They are made with almond flour and eggs, making them suitable for those following a ketogenic diet. These pancakes are fluffy, delicious, and perfect for a keto-friendly breakfast or brunch.

**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

200 g	Almond flour
4 pieces	Eggs
2 tsp	baking powder
1 tsp	salt

<b>240 ml</b>	unsweetened almond milk
<b>1 tsp</b>	vanilla extract
<b>2 tsp</b>	stevia
<b>20 g</b>	butter

## Directions

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### Step 1

In a mixing bowl, whisk together the almond flour, baking powder, and salt.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

In a separate bowl, beat the eggs. Add the almond milk, vanilla extract, and stevia. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Pour the wet ingredients into the dry ingredients. Stir until well combined.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Grilling

Heat a non-stick skillet or griddle over medium heat. Melt a small amount of butter on the skillet.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Grilling

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

Grilling

Repeat with the remaining batter, adding more butter to the skillet as needed.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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## Nutrition Facts

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**Calories:** 200 kcal

**Fat:** 15 g

**Protein:** 9 g

**Carbohydrates:** 6 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	9 g	52.94%	52.94%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
Fibers	3 g	7.89%	12%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	12 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	186 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
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%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	200 mg	5.88%	7.69%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Nutritional Content

Low Carb

### Kitchen Tools

Slow Cooker

Blender

### Course

Breads

Salads

Snacks

### Cultural

Chinese New Year

Diwali

### Cost

Under \$10

### Demographics

Senior Friendly

Diabetic Friendly

Heart Healthy

### Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Fruitarian Diet

The Gerson Therapy

## Meal Type

Breakfast

Brunch

Snack

## Difficulty Level

Easy

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