



Healthdor

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Best Pancakes ♦♦

Delicious pancakes that are perfect for breakfast or brunch. They are fluffy, golden brown, and have a hint of vanilla.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 15 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

200 g	All-Purpose Flour
25 g	Sugar
2 tsp	baking powder
0.5 tsp	salt
250 ml	Milk
1	Egg

1 tsp	vanilla extract
25 g	butter

Directions

Step 1

In a large bowl, whisk together the flour, sugar, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In a separate bowl, whisk together the milk, egg, and vanilla extract.

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

Stove

Melt the butter in a large non-stick skillet over medium heat.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Stove

Using a 1/4 cup measuring cup, pour the pancake batter onto the skillet.

Prep Time: 0 mins

Cook Time: 2 mins

Step 6

Stove

Cook until bubbles form on the surface of the pancake, then flip and cook for another 1-2 minutes.

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Stove

Repeat with the remaining batter.

Prep Time: 0 mins

Cook Time: 8 mins

Nutrition Facts

Calories: 168 kcal

Fat: 6 g

Protein: 4 g

Carbohydrates: 25 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)
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Carbohydrates	25 g	45.45%	50%
Fibers	1 g	2.63%	4%
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	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	6 g	21.43%	24%
Cholesterol	52 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	3 iu	0.33%	0.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	6 mcg	250%	250%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	350 mg	15.22%	15.22%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	13 mcg	23.64%	23.64%

Recipe Attributes

Seasonality

Winter Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue

Meal Type

Breakfast Brunch Lunch Dinner Snack Supper

Difficulty Level

Easy

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