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Buttermilk Pancakes ♦♦

Buttermilk pancakes are a classic breakfast dish that are enjoyed all over the world. They are made with a combination of buttermilk, flour, eggs, and other ingredients to create a fluffy and delicious pancake. These pancakes are typically served with butter and maple syrup, but can also be topped with fruits, nuts, or other toppings of your choice. They are a perfect way to start your day!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	All-Purpose Flour
25 g	Sugar
10 g	Baking Powder
5 g	Baking Soda

2 g	Salt
2 pieces	Egg
250 ml	Buttermilk
30 g	melted butter
1 tsp	Vanilla Extract

Directions

Step 1

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In a separate bowl, whisk together the egg, buttermilk, melted butter, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Pour the wet ingredients into the dry ingredients and stir until just combined. Do not overmix.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Grilling

Heat a non-stick skillet or griddle over medium heat. Pour 1/4 cup of batter onto the skillet for each pancake.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Grilling

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

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Repeat with the remaining batter. Serve the pancakes warm with butter and maple syrup.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 220 kcal

Fat: 6 g

Protein: 6 g

Carbohydrates: 34 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	34 g	61.82%	68%
Fibers	1 g	2.63%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	6 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	60 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	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	370 mg	16.09%	16.09%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	110 mg	3.24%	4.23%
Zinc	1 mg	9.09%	12.5%
Selenium	12 mcg	21.82%	21.82%

Recipe Attributes

Seasonality

Winter Spring

Meal Type

Breakfast Brunch Lunch

Kitchen Tools

Slow Cooker

Course

Appetizers Main Dishes Side Dishes Desserts Drinks Breads Salads
Soups Snacks Sauces & Dressings

Difficulty Level

Easy

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