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## Fluffy Canadian Pancakes ♦♦

Fluffy Canadian Pancakes are a classic breakfast dish that originated in Canada. They are light, airy, and delicious, perfect for a weekend brunch or special occasion breakfast. These pancakes are typically served with maple syrup and butter, but you can also add your favorite toppings like fresh fruit, whipped cream, or chocolate chips.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** 10 mins

**Total Time:** 20 mins

**Recipe Yield:** 300 grams

**Number of Servings:** 4

**Serving Size:** 75 g

### Ingredients

<b>200 g</b>	All-Purpose Flour
<b>2 tsp</b>	baking powder
<b>2 tbsp</b>	sugar
<b>1 tsp</b>	salt
<b>250 ml</b>	Milk

1 number	Egg
2 tbsp	butter
1 tsp	vanilla extract

## Directions

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### Step 1

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Stirring

Pour the wet ingredients into the dry ingredients and stir until just combined. Be careful not to overmix.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 4

Heating

Heat a non-stick skillet or griddle over medium heat. Grease with butter or cooking spray.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 5

Cooking

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

**Prep Time:** 0 mins

**Cook Time:** 5 mins

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## Step 6

Cooking

Repeat with the remaining batter, adding more butter or cooking spray as needed.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 7 g

**Protein:** 7 g

**Carbohydrates:** 37 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	7 g	41.18%	41.18%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	37 g	67.27%	74%
Fibers	1 g	2.63%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	3 g	13.64%	17.65%
Fat	7 g	25%	28%
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	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	10 mcg	66.67%	66.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	20 mg	2%	2%
Iron	10 mg	125%	55.56%
Potassium	150 mg	4.41%	5.77%
Zinc	6 mg	54.55%	75%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Meal Type

Breakfast Brunch Lunch Snack

### Course

Breads Snacks Sauces & Dressings Appetizers Side Dishes Desserts  
Drinks Salads

### Cultural

Chinese New Year

### Cost

\$10 to \$20 \$40 to \$50

### Demographics

Kids Friendly Teen Friendly Allergy Friendly Heart Healthy

### Diet

The Whole30 Diet

Vegetarian Diet

**Difficulty Level**

Easy

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