



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Jr. Scrambled Egg & Pancake ♦♦

A delicious combination of scrambled eggs and pancakes, perfect for a hearty breakfast or brunch.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 200 grams

Number of Servings: 2

Serving Size: 100 g

Ingredients

4 pieces	Eggs
60 ml	milk
100 g	Flour
5 g	Baking Powder
2 g	Salt
20 g	butter

30 ml maple syrup

Directions

Step 1

Mixing

In a bowl, whisk together the eggs and milk.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Mixing

In a separate bowl, mix together the flour, baking powder, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

Combine the wet and dry ingredients, stirring until just combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stove

Heat a non-stick skillet over medium heat and melt the butter.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Cooking

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

Prep Time: 2 mins

Cook Time: 2 mins

Step 6

Cooking

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

Prep Time: 0 mins

Cook Time: 2 mins

Step 7

Cooking

In a separate skillet, scramble the remaining eggs.

Prep Time: 2 mins

Cook Time: 5 mins

Step 8

Plating

Serve the scrambled eggs and pancakes together, drizzled with maple syrup.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 10 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	10 g	58.82%	58.82%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	1 g	2.63%	4%
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	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

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

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	15 mg	1.5%	1.5%
Iron	8 mg	100%	44.44%
Potassium	150 mg	4.41%	5.77%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

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

Visit our website: healthdor.com