



A Nutrition Resource



# OATMEAL PANCAKES

**Yield: 4 Servings | Serving Size: 2 pancakes**

**Cost/serving: \$0.21**

### Ingredients:

- 1 1/4 cups nonfat or low-fat milk
- 1 cup oats
- 1 Tablespoon oil
- 2 eggs, beaten
- 1/2 cup flour
- 1 Tablespoon brown or white sugar
- 1 teaspoon baking powder
- 1/2 teaspoon salt

### Directions:

- 1) Heat griddle or skillet over medium heat.
- 2) Mix milk and oatmeal in a bowl. Let stand 5 minutes.
- 3) Add oil and eggs, mixing well.
- 4) Stir in flour, sugar, baking powder, and salt.
- 5) Pour 1/4 cup of batter for each pancake on a lightly oiled griddle or skillet.
- 6) Turn the pancake when golden brown and bubbles form.

## Nutrition Facts

4 servings per container  
**Serving size 2 pancakes (143g)**

Amount per serving  
**Calories 230**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 85mg	<b>28%</b>
<b>Sodium</b> 490mg	<b>21%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 7g	
Includes 3g Added Sugars	<b>6%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	<b>0%</b>
Calcium 143mg	<b>10%</b>
Iron 2mg	<b>10%</b>
Potassium 242mg	<b>6%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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