

Whole Wheat Pancake

Yield: 2 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-whole-wheat-pancake-recipe>

Ingredients:

- 2/3 cup skim milk
- 1 egg separated
- 1 tablespoon oil
- 1 teaspoon brown sugar
- 2/3 cup whole wheat flour
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon optional
- 1/8 teaspoon salt

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 105 milligrams
4. Fat: 10 grams
5. Fiber: 5 grams
6. Protein: 11 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 490 milligrams
9. Sugar: 6 grams

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