

# Souffle Pancakes (Pancakes without Baking Powder)

Yield: 3 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/jewish-pancakes-recipe>

## Ingredients:

- 1 cup all purpose flour 4.25 oz, 119 gr
- 1/4 teaspoon kosher salt
- 3/4 cup milk 6 fl oz, 177 ml, skim, 1%, 2% or whole
- 1 teaspoon vanilla optional
- 3 large egg yolks
- 3 large egg whites
- 1/4 cup sugar 1.75 oz, 49 gr

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 53 grams
3. Cholesterol: 215 milligrams
4. Fat: 6 grams
5. Fiber: 1 grams
6. Protein: 13 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 310 milligrams
9. Sugar: 21 grams

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