

# Fluffy Japanese Pancakes (Soufflé Pancakes!)

Yield: 5 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/super-fluffy-japanese-pancakes-recipe>

## Ingredients:

- 3 egg whites
- 1 egg yolk
- 1 1/4 cups buttermilk
- 1/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1/2 cup powdered sugar
- 2 teaspoons baking powder
- 1/4 teaspoon kosher salt

## Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 45 milligrams
4. Fat: 13 grams
5. Fiber: 1 grams
6. Protein: 9 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 420 milligrams
9. Sugar: 15 grams

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