

Pancakes with Flax & Mixed Berry Compote



Nutrition Facts

Serving Size 2 each (110g)
Serving Per Container: 1

Amount Per Serving
Calories 250 **Calories from Fat 90**

	% Daily Values*
Total Fat 10g	15%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0	
Polyunsaturated Fat 2.5g	
Monounsaturated Fat 4.5g	
Cholesterol 40mg	14%
Sodium 350mg	15%
Total Carbohydrate 36g	12%
Dietary Fiber 5g	20%
Sugars 7g	

Protein 8g		
Vitamin A 4%	•	Vitamin C 0%
Calcium 20%	•	Iron 10%
Vitamin E 0%	•	Vitamin B6 0%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300g	375g
Dietary Fiber		25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4



Licking Memorial Hospital | Culinary Services

Pancakes with Flax & Mixed Berry Compote (10 Pancakes)

Ingredients:

- 1 egg
- 2 Tbsp buttermilk
- 3/4 cup plus 2 Tbsp 2% Milk
- 1 tsp pure vanilla extract
- 2 1/2 Tbsp canola oil
- 2 Tbsp granulated sugar
- 1 1/2 cups all-purpose flour
- 1/4 tsp kosher salt
- 2 tsp baking powder
- 1/4 cup wheat bran
- 2 Tbsp ground flax seed

Directions:

Preheat a griddle or non-stick skillet over medium high heat. Combine all of the ingredients in a bowl and whisk until well combined. Coat the griddle or skillet with cooking spray. Cook until the pancakes become brown on the edges and small bubbles form on the surface. Turn and continue cooking for 1 to 2 minutes.