

Buttermilk Pancakes



INGREDIENTS

	Usage Levels (%)
Water	50.50
Flour, all-purpose	24.50
Egg, beaten	10.55
Vegetable oil	5.90
Buttermilk powder	4.85
Sugar, granulated	2.50
Baking powder	0.90
Salt	0.30
Total	100.00

NUTRITIONAL CONTENT

Per 100g	
Calories	240kcal
Total Fat	10g
Saturated Fat	1g
Trans Fat	0g
Cholesterol	65mg
Total Carbohydrates	31g
Dietary Fiber	1g
Sugars	3g
Protein	7g
Calcium	165mg
Magnesium	8mg
Phosphorus	60mg
Potassium	35mg
Sodium	330mg
Iron	2mg
Vitamin A	82IU
Vitamin C	0mg

PREPARATION

1. **Combine all dry ingredients.**
2. **Add egg, water and oil. Mix until homogenous.**
3. **Pour onto griddle in 43 g (1.5 oz) portions. Flip once to brown on both sides. (Pancakes are ready to turn when they bubble and edges look slightly dry.)**

Rely on the dynamic lineup of U.S. dairy to meet consumer demands for global product development. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and prototype assistance to help develop and launch your next successful product. [@ThinkUSAdairy](https://twitter.com/ThinkUSAdairy)

This formula serves as a reference. Product developers are encouraged to modify the formula to meet manufacturing and finished product specification needs. ©2014 U.S. Dairy Export Council.