

Gluten-Free Pancake

Ingredients	%
Water	42.4
Faba Bean Flour V-6000	36.4
Sugar	12.2
Canola Oil	6.9
Baking Powder	1.8
Salt	0.3

Procedure

- Whisk dry ingredients together
- Pour wet ingredients into the dry mix
- Whisk wet and dry ingredients together
- Let batter rest for 10 min
- Pour batter into a non-stick pan heated to 230°C
- Flip pancake when bubbles begin to form on the surface in the center, the edges begin to look dry, and the bottom is golden brown
- Flip and cook the other side until golden brown

Nutrition Facts	
Serving size	(100g)
Amount per serving	
Calories	250
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 120mg	5%
Total Carbohydrate 39g	14%
Dietary Fibre 1g	4%
Total Sugars 13g	
includes 12g Added Sugars	24%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 368mg	30%
Iron 2mg	10%
Potassium 268mg	6%

*The % Daily Value tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram Fat 9 • Carbohydrate 4 • Protein 4



Contact us:

For more information or to speak to somebody about this recipe please call your local Univar Solutions representative or contact us at:

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