

# Low Carb Flax Seed Pancake Recipe

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Submitted by [babydollsea](#)

Makes 1 serving

For an interesting low-carb topping, mix 1 Tablespoon of sugar-free jam with 1 and 1/2 Tablespoons water and microwave for 45 seconds.

## Ingredients

- 1/4 cup Flax seed Milled
- 1 eggs or 1/4 cup egg beaters
- 1 tbsp heavy cream
- 1 teaspoon butter, melted or 1 tsp. Smart Balance
- 1/8 teaspoon baking powder
- 1/2 packet stevia or splenda

## Directions

1. Simply mix together all the ingredients with a whisk - batter should be a bit runny. Cook on a lightly greased skillet as you would any pancake recipe. Drop batter on surface large spoonfulls.
2. Cook until each side is lightly browned.
3. Serve with butter and a low-carb store bought syrup.

## Categories

[Breakfast](#)

Nutrition Facts	
Serving Size 90.4g	
Amount Per Serving	
<b>Calories</b> 271	Calories from Fat 213
% Daily Value	
<b>Total Fat</b> 23.7g	<b>36%</b>
Saturated Fat 6.7g	<b>33%</b>
Trans Fat 0.0g	
<b>Cholesterol</b> 217mg	<b>72%</b>
<b>Sodium</b> 95mg	<b>4%</b>
<b>Total Carbohydrates</b> 9.0g	<b>3%</b>
Dietary Fiber 8.0g	<b>32%</b>
Sugars 0.3g	
<b>Protein</b> 11.8g	
Vitamin A 11%	Vitamin C 0%
Calcium 10%	Iron 13%

\* Based on a 2000 calorie diet

Nutritional details are an estimate and should only be used as a guide for approximation.

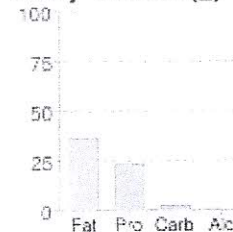
## Legend

- Fat
- Protein
- Carbs
- Alcohol
- Other

## Calorie Breakdown (?)



## Daily Values (?)



## Nutritional Analysis