

Faculty Of Pharmacy, Nursing and Health Professions

Nutrition and Diet

Principles of food preparation (NUTD233)

**Pancakes**

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Introduction

Pancake is a kind of healthy sweet foods, it served with syrup or jam or chocolate according to what the person prefers, and sometimes served with fruit like banana, apple and cherries.

It is a flat and thin cake, prepared from based batter contain eggs, milk and oil that mixed together with other ingredient, and cooked on a hot surface on pan on both sides of mix.

The first objective of this experiment is knowing how to make healthy pancake which is a light snack or healthy breakfast. The second objective is to differentiate between the taste, shape and texture of the dough when it made from the mixture with wheat flour, the mixture with all-purpose flour and the mixture with 50% wheat flour and 50% purpose flour.

A 100-g serving of plain pancake, include 230 calories, 6g of protein, 30g of carbohydrate and 10g of fat, it also including 2g of saturated fat.

Ingredients

1. **2** eggs
2. **2** c buttermilk or thinned yogurt (1 c yogurt + 1 c water)
3. **1/4** c fat (oil)
4. **2** c flour (1 c all-purpose + 1 c whole wheat)
5. **2** Tbsp sugar
6. **2** tsp baking powder
7. **1** tsp baking soda
8. **1/2** tsp salt

Procedure

1. 2 eggs were beaten and whisked into a large bowl to produce a fluffy mixture.

2. In another bowl, 1 cup of yogurt was mixed with 1 cup of water to produce thinned yogurt.

3. 1/4 cup of oil was added to the thinned yogurt mixture and whisked.

4. milk and oil mixture were added to the egg mixture with stirring until it mixed. 5. The dry ingredients (1 cup of all-purpose flour and 1 cup of whole wheat flour sifted and leveled, 2 TBS of sugar, 2 tsp of baking powder, 1 tsp of baking soda, and 1/2 tsp of salt) were mixed in another bowl.

6. Dry ingredient mixture was added to egg mixture and whisked until it became smooth

 7. A pan was heated and tested by a few drops of water, small amount of oil was added to the pan.

8. 1/4 % C of the pancake batter was poured in the hot pan, pancakes were turned on other side as soon as they puffed until it become golden brown on both sides. 9. Pancakes were served with syrup and cup of Nescafé.

Product evaluation

depending on the ingredients used. knowing that every 100 gram of sugar provides the body with 97.3 gram of carbohydrates", we can assume that this recipe is high with carbohydrates that can provide enough energy to fuel your body. since it contains 2 tbsp of sugar, and it is served with syrup, also, since 1/4 cup of whole wheat flour has 72 g of carbohydrates, 2.5 g fat, 13g protein and 15% of the daily recommended amount of fiber", this recipe is high in fiber since we used I cup of whole wheat flour. But on the other depending on that every 100 grams of vegetable oil provides the body with 100 grams of fat , vegetable oil in this recipe does not provide high amounts of fat since we used only I4 cup of oil in the pancake batter and only a small amount of oil on the pan, Also this recipe is high in protein depending on that an average egg contains 6.3 gram of protein" and we used 2 eggs, also thinned yogurt contain 150 calories and provides 12g of protein , it means 20% of the daily amount of protein, 16g of carbs and 3.5g of total fats , and we used cup of yogurt in this recipe.

Pancakes are high in carbohydrates, therefor this recipe of is high in caloric, so overconsumption of it may lead to obesity, which in many cases may lead to abdominal obesity and result in the metabolic syndrome, also sugars are the main dietary factor of dental caries" if over consumed without taking good care of teeth.

Lamis:

The pancake tasted really good and had calories that gave us energy all day long.

Somoud:

the pancake prepared with the whole wheat flour was heavy in taste and crumbled while. The taste of eggs was obvious in the pancake which done by the mixture of whole wheat flour and all-purpose it needed some vanilla and it was so clear that there are two types of flour which makes the taste unbalance. For the all-purpose flour it tastes nice and smooth but it needs some additions such as syrup and fruits.

Ola:

It is tasty, and when we add syrup it is become so delicious me. I know the oil is not healthy because it contains trans fats but it would give better taste.

Raneen:

I felt that pancake is a high-calorie that gives energy throughout the day and tastes so good.

Rose:

There is no doubt that pancakes are delicious, and the syrup has a special taste for it, but it contains a lot of calories, which increase in them leads to obesity and other problems for the body, so I do not like to eat it very much.

Majdal:

the pancake experience was delicious as expected in terms of taste, shape and sweetness, it should not be consumed in large quantities.

Discussion and Conclusion

Pancakes are considered a staple breakfast in some countries because they contain many essential elements and nutrients in addition to being a filling meal, the pancake experience was delicious as expected in terms of taste, shape and sweetness, and the result was 13 pancakes, we must take into account the amount we eat of pancakes, because more of them increases the calories in addition to the drink and supplements (such as honey, chocolate, etc.) that you eat with it. We must make sure that it is healthy and low in calories so that the meal of pancakes is healthy and good.

References

1. *USDA Foods, Flour, whole wheat, October 2012, retrieved from on 2nd October 2018.*

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1. *Wikipedia, Yogurt, last edited on 1st October 2018, retrieved from* [*https://en.wikipedia.org/wiki/Yogurt*](https://en.wikipedia.org/wiki/Yogurt) *, on 2nd October 2018*
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