



# RecipeCalc

YOUR ALL IN ONE NUTRITION AND  
RECEIPES TRACKING APP

GET STARTED

## RecipeCalc



Calories left

**420 kcal**



**Carbs**  
70g left



**Fat**  
26g left



**Protein**  
58g left

### Breakfast

402 kcal



**Pancakes**

2 servings

400 kcal



**Coffe**

1 cup

2 kcal



### Lunch

18 kcal



**Apple slices**

3 servings

18 kcal





All

Meat

Chicken

Bread

Keto



## Pancakes

**400 kcal**

• Protein 15g  
• Carb 55g  
• Fat 24g

30 minuter

2 servings



## Sweet Potato

**240 kcal**

• Protein 4g  
• Carb 55g  
• Fat 24g

30 minuter

2 servings



# RecipeCalc



## Blueberry Pancakes

**400 kcal**

2 servings

• Protein 15g  
• Carb 55g  
• Fat 24g



30 minuter

### Ingredients

Add recipe



3 pc eggs

1 tablespoon butter

1 tablespoon white sugar

3 ½ teaspoons baking powder

1 ¼ cups milk

### Recipe Preparation

In a large bowl, sift together the flour, baking powder, salt and sugar. Make a well in the center and pour in the milk