



## Candied Ginger Pumpkin Pancakes

 Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



60 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 teaspoons pumpkin pie spice
- 1.5 cups buttermilk
- 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 2 eggs
- 0.3 cup cashew pieces toasted finely chopped
- 1 tablespoon candied ginger finely chopped
- 1 halves pecans
- 1 serving butter

- 1 serving maple syrup
- 2 cups frangelico

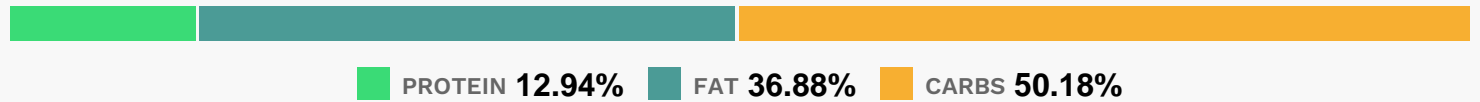
## Equipment

- bowl
- frying pan
- whisk

## Directions

- In large bowl, stir Bisquick mix, pumpkin pie spice, buttermilk, pumpkin and eggs with whisk or fork until blended. Stir in chopped pecans and ginger.
- Brush nonstick griddle or nonstick skillet with vegetable oil; heat griddle to 350°F or heat skillet over medium heat.
- For each pancake, pour 1/4 cup of batter onto hot griddle. Cook until edges are dry. Turn; cook other sides until golden brown.
- Serve topped with remaining ingredients.

## Nutrition Facts



## Properties

Glycemic Index:9.54, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:4.1817391488863%

## Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg

## Nutrients (% of daily need)

Calories: 59.59kcal (2.98%), Fat: 2.52g (3.88%), Saturated Fat: 0.95g (5.94%), Carbohydrates: 7.72g (2.57%), Net Carbohydrates: 6.21g (2.26%), Sugar: 2.48g (2.76%), Cholesterol: 23.61mg (7.87%), Sodium: 69.12mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.99g (3.98%), Vitamin A: 1475.62IU (29.51%), Manganese: 0.18mg (8.79%), Fiber: 1.51g (6.05%), Vitamin B2: 0.1mg (5.96%), Phosphorus: 50.17mg (5.02%), Selenium: 3.14µg (4.48%), Calcium: 39.15mg (3.91%), Vitamin B5: 0.38mg (3.8%), Copper: 0.07mg (3.38%), Magnesium: 12.21mg (3.05%), Vitamin B6: 0.05mg (2.69%), Vitamin D: 0.4µg (2.68%), Iron: 0.47mg (2.61%), Vitamin B12: 0.15µg (2.55%),

Folate: 10.21µg (2.55%), Potassium: 79.46mg (2.27%), Zinc: 0.34mg (2.25%), Vitamin B1: 0.03mg (1.72%)