



WHATSheATE

Candied Ginger Pumpkin Pancakes



Gluten Free

READY IN



30 min.

SERVINGS



16

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 16 servings butter
- ☐ 1.5 cups buttermilk
- ☐ 1 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 1 tablespoon candied ginger finely chopped
- ☐ 2 eggs
- ☐ 16 servings maple syrup
- ☐ 0.3 cup pecans toasted finely chopped
- ☐ 1 halves pecans

- ☐ 2 teaspoons pumpkin pie spice
- ☐ 2 cups frangelico
- ☐ 2 cups frangelico

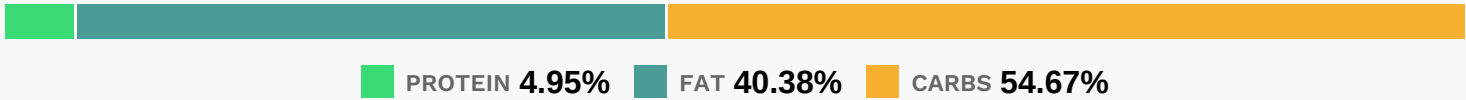
Equipment

- ☐ 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 350F 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:8.59, Glycemic Load:5.27, Inflammation Score:-7, Nutrition Score:6.0356522332067%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Nutrients (% of daily need)

Calories: 143.37kcal (7.17%), Fat: 6.55g (10.08%), Saturated Fat: 3.3g (20.61%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 18.37g (6.68%), Sugar: 13.66g (15.18%), Cholesterol: 33.69mg (11.23%), Sodium: 100.71mg (4.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.61%), Manganese: 0.64mg (32.16%), Vitamin A: 1593.63IU (31.87%), Vitamin B2: 0.34mg (20.11%), Fiber: 1.59g (6.38%), Calcium: 61.05mg (6.1%), Phosphorus: 43.63mg (4.36%), Selenium: 2.84µg (4.06%), Vitamin B5: 0.38mg (3.81%), Potassium: 115.81mg (3.31%), Magnesium: 12.23mg (3.06%), Zinc: 0.43mg (2.84%), Vitamin B12: 0.16µg (2.68%), Vitamin D: 0.4µg (2.68%), Vitamin B1: 0.04mg (2.67%), Folate: 10.19µg (2.55%), Vitamin B6: 0.05mg (2.44%), Iron: 0.4mg (2.2%), Copper: 0.04mg (2.09%), Vitamin E: 0.22mg (1.45%)