



Carrot Cake Pancakes

 Vegetarian

READY IN



50 min.

SERVINGS



40

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup firmly brown sugar light packed
- 0.3 cup butter melted
- 2 cups buttermilk
- 40 servings garnish: carrot curls
- 1 lb carrots finely grated
- 40 servings mascarpone cream

- 2 large eggs lightly beaten
- 1.8 cups flour all-purpose
- 0.3 cup golden raisins chopped
- 1 teaspoon ground cinnamon
- 0.5 cup pecans toasted chopped
- 1 teaspoon salt
- 2 teaspoons vanilla extract

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk

Directions

- Stir together first 5 ingredients in a large bowl.
- Whisk together buttermilk and next 4 ingredients in another bowl. Gradually stir buttermilk mixture into flour mixture just until dry ingredients are moistened. Fold in carrots and next 2 ingredients.
- Pour about 1/4 cup batter for each pancake onto a hot buttered griddle or large nonstick skillet. Cook 3 to 4 minutes or until tops are covered with bubbles and edges look dry and cooked. Turn and cook 3 to 4 minutes or until done.
- Place in a single layer on a baking sheet, and keep warm in a 200 oven up to 30 minutes.
- Serve with Mascarpone Cream.
- Note: When using a griddle, heat it to 35
- Tip: For tender pancakes, don't overmix the batter; it should be lumpy.

Nutrition Facts



■ PROTEIN 6.97% ■ FAT 50.99% ■ CARBS 42.04%

Properties

Glycemic Index:10.33, Glycemic Load:6.15, Inflammation Score:-10, Nutrition Score:9.7217391884845%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg, Delphinidin: 0.09mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 142.93kcal (7.15%), Fat: 8.33g (12.82%), Saturated Fat: 4.6g (28.73%), Carbohydrates: 15.46g (5.15%), Net Carbohydrates: 13.01g (4.73%), Sugar: 7.19g (7.99%), Cholesterol: 30.62mg (10.21%), Sodium: 183.49mg (7.98%), Alcohol: 0.07g (100%), Alcohol %: 0.07% (100%), Protein: 2.56g (5.13%), Vitamin A: 12876.36IU (257.53%), Manganese: 0.22mg (10.82%), Vitamin K: 10.69µg (10.18%), Fiber: 2.45g (9.8%), Potassium: 298.26mg (8.52%), Vitamin B2: 0.14mg (7.98%), Vitamin B1: 0.11mg (7.38%), Folate: 27.07µg (6.77%), Phosphorus: 64.69mg (6.47%), Vitamin B6: 0.13mg (6.38%), Calcium: 63.52mg (6.35%), Vitamin B3: 1.12mg (5.59%), Vitamin C: 4.59mg (5.56%), Selenium: 3.68µg (5.26%), Vitamin E: 0.73mg (4.84%), Magnesium: 15mg (3.75%), Vitamin B5: 0.37mg (3.68%), Iron: 0.63mg (3.5%), Copper: 0.07mg (3.43%), Vitamin D: 0.45µg (2.97%), Zinc: 0.4mg (2.64%), Vitamin B12: 0.1µg (1.73%)