



Carrot Cake Pancakes



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 cups carrots shredded
- ☐ 1 cup milk
- ☐ 2 tablespoons brown sugar light packed
- ☐ 2 tablespoons walnut pieces chopped
- ☐ 2 tablespoons raisins
- ☐ 1 teaspoon vanilla
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon nutmeg

- ☐ 0.3 teaspoon ground ginger
- ☐ 2 eggs
- ☐ 4 oz cream cheese softened
- ☐ 0.3 cup powdered sugar
- ☐ 2 tablespoons milk
- ☐ 0.5 teaspoon vanilla
- ☐ 1 serving cinnamon
- ☐ 2 cups frangelico

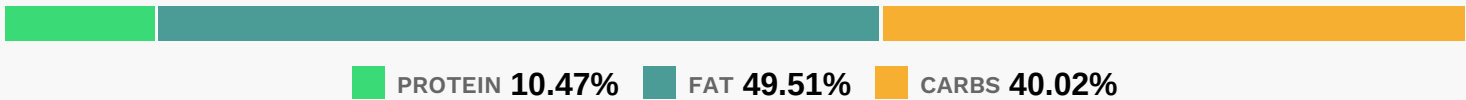
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ hand mixer

Directions

- ☐ In large bowl, stir together all Pancake ingredients until just combined.
- ☐ Heat 10-inch or larger skillet or griddle over medium heat (325°F). Lightly brush with oil.
- ☐ Pour batter by slightly less than 1/4 cupfuls onto hot skillet. Cook until golden on bottom and bubbles form on top, about 3 minutes; turn, and cook another 2 minutes or until golden brown.
- ☐ Transfer to plate. Repeat with remaining batter.
- ☐ Beat cream cheese with electric mixer on high speed until fluffy, about 1 minute.
- ☐ Add powdered sugar, 2 tablespoons milk and 1 teaspoon vanilla; beat to combine.
- ☐ Spoon cream cheese topping on top of warm pancakes.
- ☐ Sprinkle with a dash of cinnamon.

Nutrition Facts



Properties

Glycemic Index:51.44, Glycemic Load:4.64, Inflammation Score:-10, Nutrition Score:11.039565179659%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 208.53kcal (10.43%), Fat: 11.73g (18.05%), Saturated Fat: 5.4g (33.75%), Carbohydrates: 21.33g (7.11%), Net Carbohydrates: 19.26g (7.01%), Sugar: 14.03g (15.59%), Cholesterol: 79.13mg (26.38%), Sodium: 129.84mg (5.65%), Alcohol: 0.34g (100%), Alcohol %: 0.31% (100%), Protein: 5.58g (11.16%), Vitamin A: 7537.23IU (150.74%), Manganese: 0.32mg (16.06%), Phosphorus: 126.64mg (12.66%), Vitamin B2: 0.21mg (12.63%), Calcium: 110.35mg (11.04%), Selenium: 7.37µg (10.53%), Potassium: 316.91mg (9.05%), Fiber: 2.07g (8.28%), Vitamin B6: 0.15mg (7.65%), Vitamin B12: 0.42µg (6.98%), Vitamin B5: 0.65mg (6.48%), Vitamin K: 6.46µg (6.15%), Magnesium: 22.09mg (5.52%), Vitamin B1: 0.08mg (5.45%), Copper: 0.11mg (5.42%), Vitamin D: 0.8µg (5.3%), Folate: 20.33µg (5.08%), Zinc: 0.7mg (4.69%), Vitamin E: 0.66mg (4.37%), Iron: 0.73mg (4.04%), Vitamin C: 2.86mg (3.46%), Vitamin B3: 0.61mg (3.07%)