



Carrot Cake Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



326 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 cup brown sugar
- ☐ 3 tablespoons butter softened
- ☐ 1 tablespoon canola oil
- ☐ 1 pound carrots finely grated
- ☐ 1 Dash ground cloves
- ☐ 2 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 Dash ground ginger
- ☐ 2 tablespoons honey
- ☐ 0.8 cup buttermilk low-fat
- ☐ 0.1 teaspoon nutmeg freshly ground
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons vanilla extract
- ☐ 0.3 cup walnuts toasted chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ spatula
- ☐ measuring cup

Directions

- ☐ Weigh or lightly spoon flour into dry measuring cups, and level with a knife.
- ☐ Combine flour and next 7 ingredients (through ginger) in a large bowl, stirring with a whisk.
- ☐ Combine 1/4 cup brown sugar and next 4 ingredients (through eggs); add sugar mixture to flour mixture, stirring just until moist. Fold in 2 cups carrot.
- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray. Spoon 4 (1/4 cup) batter mounds onto pan, spreading with a spatula. Cook for 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over; cook 1 minute or until bottoms are lightly browned. Repeat procedure twice with remaining batter.
- ☐ Combine butter and honey in a small bowl; serve with pancakes.

Nutrition Facts



 **PROTEIN 8.86%**  **FAT 36.8%**  **CARBS 54.34%**

Properties

Glycemic Index:68.52, Glycemic Load:20.21, Inflammation Score:-10, Nutrition Score:15.956086915472%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 326.08kcal (16.3%), Fat: 13.58g (20.89%), Saturated Fat: 4.88g (30.47%), Carbohydrates: 45.12g (15.04%), Net Carbohydrates: 41.69g (15.16%), Sugar: 20.08g (22.31%), Cholesterol: 78.25mg (26.08%), Sodium: 407.57mg (17.72%), Alcohol: 0.34g (100%), Alcohol %: 0.24% (100%), Protein: 7.36g (14.72%), Vitamin A: 12910.87IU (258.22%), Manganese: 0.69mg (34.34%), Selenium: 15.21µg (21.73%), Vitamin B1: 0.29mg (19.26%), Folate: 76.69µg (19.17%), Vitamin B2: 0.31mg (18.17%), Calcium: 170.65mg (17.06%), Phosphorus: 163.51mg (16.35%), Fiber: 3.43g (13.72%), Iron: 2.21mg (12.28%), Vitamin K: 12.76µg (12.16%), Vitamin B3: 2.41mg (12.07%), Potassium: 384.34mg (10.98%), Vitamin B6: 0.19mg (9.43%), Vitamin E: 1.33mg (8.88%), Copper: 0.18mg (8.75%), Magnesium: 30.46mg (7.61%), Vitamin B5: 0.71mg (7.14%), Zinc: 0.9mg (5.99%), Vitamin C: 4.87mg (5.91%), Vitamin B12: 0.23µg (3.77%), Vitamin D: 0.33µg (2.22%)