



Ginger Pancakes



Vegetarian



Dairy Free



Popular

READY IN



20 min.

SERVINGS



6

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup eggs fat-free
- ☐ 1.3 cups flour all-purpose
- ☐ 1.3 cups soymilk
- ☐ 2 tablespoons maple syrup
- ☐ 2 tablespoons vegetable oil
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger

- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 teaspoon salt
- ☐ 1 serving plus

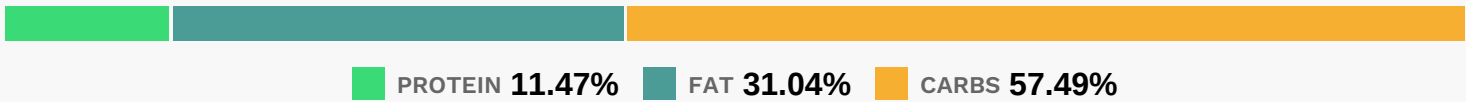
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In medium bowl, beat egg product with egg beater or wire whisk until foamy. Beat in remaining ingredients except syrup just until smooth.
- ☐ Spray griddle or 10-inch skillet with cooking spray.
- ☐ Heat griddle to 375°F or heat skillet over medium heat. For each pancake, pour slightly less than 1/4 cup batter onto hot griddle.
- ☐ Cook pancakes until puffed and dry around edges. Turn; cook other sides until golden brown.
- ☐ Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:43.49, Glycemic Load:17.67, Inflammation Score:-4, Nutrition Score:9.5482607717099%

Nutrients (% of daily need)

Calories: 198kcal (9.9%), Fat: 6.76g (10.4%), Saturated Fat: 1.16g (7.24%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 27.01g (9.82%), Sugar: 5.49g (6.1%), Cholesterol: 37.67mg (12.56%), Sodium: 253.46mg (11.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.62g (11.24%), Manganese: 0.46mg (22.98%), Vitamin B2: 0.37mg (21.55%), Selenium: 13.76µg (19.66%), Folate: 71.37µg (17.84%), Vitamin B1: 0.26mg (17.15%), Vitamin B3: 3.29mg (16.46%), Calcium: 128.72mg (12.87%), Vitamin E: 1.74mg (11.6%), Vitamin B12: 0.62µg (10.35%), Iron: 1.85mg (10.28%), Vitamin K: 8.56µg (8.15%), Vitamin B6: 0.15mg (7.28%), Phosphorus: 65.15mg (6.51%), Copper: 0.11mg (5.49%), Vitamin D: 0.79µg (5.28%), Vitamin A: 248.93IU (4.98%), Fiber: 1.15g (4.59%), Vitamin C: 3.55mg (4.31%), Potassium: 131.81mg (3.77%), Zinc: 0.5mg (3.35%), Vitamin B5: 0.28mg (2.79%), Magnesium: 9.47mg (2.37%)