



Ginger Pancakes with Creamy Maple Topping

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



194 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1 eggs lightly beaten
- ☐ 2 egg whites
- ☐ 2 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cloves
- ☐ 1 teaspoon ground ginger
- ☐ 12 servings creamy maple topping

- ☐ 0.3 cup blackstrap molasses
- ☐ 1 cup skim milk
- ☐ 2 tablespoons vegetable oil

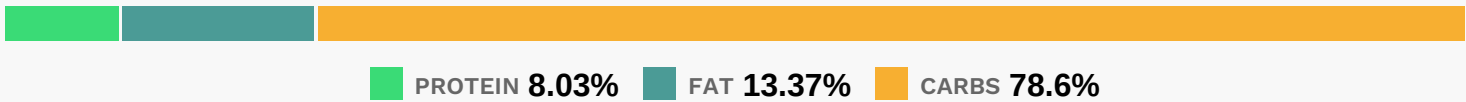
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 5 ingredients in a large bowl; make a well in center of mixture.
- ☐ Combine milk, molasses, oil, egg, and egg whites; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ For each pancake, pour 1/4 cup batter onto a hot griddle or skillet coated with cooking spray. Cook pancakes until tops are covered with bubbles and edges look cooked; turn and cook other side. Top each pancake with 2 tablespoons Creamy Maple Topping.
- ☐ Garnish with fresh strawberries, if desired.

Nutrition Facts



Properties

Glycemic Index:23.81, Glycemic Load:20.08, Inflammation Score:-3, Nutrition Score:8.3169564531063%

Nutrients (% of daily need)

Calories: 193.53kcal (9.68%), Fat: 2.87g (4.42%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 38.01g (12.67%), Net Carbohydrates: 37.31g (13.57%), Sugar: 20.12g (22.36%), Cholesterol: 14.25mg (4.75%), Sodium: 133.85mg (5.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.77%), Manganese: 0.88mg (44.12%), Vitamin B2: 0.42mg (24.89%), Selenium: 11.37µg (16.24%), Calcium: 134.62mg (13.46%), Vitamin B1: 0.19mg (12.93%), Folate: 40.51µg (10.13%), Iron: 1.67mg (9.26%), Magnesium: 35.82mg (8.95%), Phosphorus: 77.64mg (7.76%), Potassium: 255.24mg (7.29%), Vitamin B3: 1.38mg (6.92%), Vitamin B6: 0.09mg (4.59%), Vitamin K: 4.41µg (4.2%), Copper: 0.08mg (4.08%), Zinc: 0.46mg (3.1%), Vitamin B5: 0.31mg (3.07%), Fiber: 0.7g (2.82%), Vitamin B12: 0.16µg (2.59%), Vitamin D: 0.3µg (1.99%), Vitamin E: 0.25mg (1.65%), Vitamin A: 62.13IU (1.24%)