



Ginger Pancakes with Maple Pecan Sauce

READY IN



45 min.

SERVINGS



21

CALORIES



175 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 2.3 teaspoons baking soda
- ☐ 0.3 cup firmly brown sugar packed
- ☐ 1.3 cups buttermilk
- ☐ 2 eggs lightly beaten
- ☐ 3.3 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.8 teaspoon ground cloves
- ☐ 1.5 teaspoons ground ginger

- ☐ 21 servings maple pecan sauce
- ☐ 0.3 cup butter melted
- ☐ 0.8 teaspoon salt
- ☐ 1 cup water

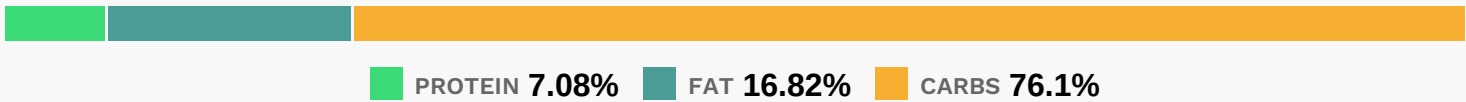
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients in a large bowl; make a well in center of mixture.
- ☐ Combine buttermilk, water, eggs, margarine, and brown sugar; add to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ For each pancake, pour 1/4 cup batter onto a hot, lightly greased griddle or skillet. Cook pancakes until tops are covered with bubbles and edges look cooked; turn and cook other side. Top pancakes evenly with Maple Pecan Sauce.

Nutrition Facts



Properties

Glycemic Index:11.4, Glycemic Load:16.2, Inflammation Score:-2, Nutrition Score:6.195652205416%

Nutrients (% of daily need)

Calories: 175.03kcal (8.75%), Fat: 3.26g (5.01%), Saturated Fat: 0.89g (5.57%), Carbohydrates: 33.18g (11.06%), Net Carbohydrates: 32.52g (11.83%), Sugar: 16.15g (17.94%), Cholesterol: 17.16mg (5.72%), Sodium: 296.16mg (12.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.09g (6.17%), Manganese: 0.71mg (35.75%), Vitamin B2: 0.4mg (23.36%), Selenium: 8.67µg (12.39%), Vitamin B1: 0.18mg (11.85%), Folate: 39.1µg (9.78%), Calcium: 74.88mg (7.49%), Iron: 1.14mg (6.34%), Vitamin B3: 1.22mg (6.12%), Phosphorus: 52.43mg (5.24%), Magnesium: 11.7mg (2.92%), Vitamin A: 143.44IU (2.87%), Potassium: 100.41mg (2.87%), Zinc: 0.4mg (2.66%), Fiber: 0.66g (2.63%), Vitamin B5: 0.21mg (2.14%), Copper: 0.04mg (2.01%), Vitamin D: 0.27µg (1.8%), Vitamin B12: 0.11µg (1.76%), Vitamin B6: 0.02mg (1.2%), Vitamin E: 0.16mg (1.06%)