



## Gingerbread Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



165 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 6 tablespoons butter melted
- 2 large eggs lightly beaten
- 2 cups flour
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- 2 cups milk

- 0.3 cup blackstrap molasses
- 1 cup raisins
- 1.5 teaspoons salt

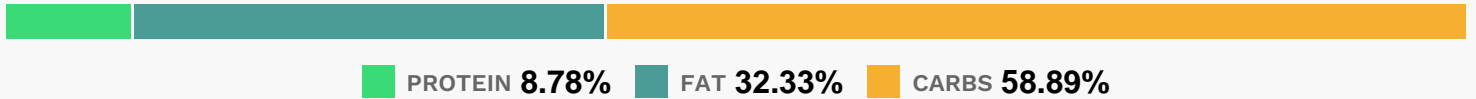
## Equipment

- frying pan

## Directions

- Sift together flour, baking powder, salt, soda and spices.
- Combine molasses, milk and eggs. Stir in melted butter.
- Add molasses mixture to dry ingredients. Stir only until moistened. Gently fold in raisins.
- Heat griddle or skillet over medium heat or to 375 degrees. Grease griddle with shortening. Griddle is ready when a few drops of water bubble and skitter rapidly around. For each pancake, pour scant 1/4 cup batter onto hot griddle. Cook pancakes until puffed and dry around edges. Turn and cook other sides until golden brown.

## Nutrition Facts



## Properties

Glycemic Index:22.68, Glycemic Load:14.85, Inflammation Score:-3, Nutrition Score:5.6604347826087%

## Taste

Sweetness: 100%, Saltiness: 51.22%, Sourness: 27.19%, Bitterness: 19.75%, Savoriness: 30.29%, Fattiness: 82.99%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 164.84kcal (8.24%), Fat: 6.04g (9.3%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 24.77g (8.26%), Net Carbohydrates: 23.65g (8.6%), Sugar: 5.48g (6.08%), Cholesterol: 38.2mg (12.73%), Sodium: 398.48mg (17.33%), Protein: 3.69g (7.38%), Manganese: 0.28mg (13.92%), Selenium: 8.91µg (12.74%), Vitamin B1: 0.15mg (10.33%), Vitamin B2: 0.17mg (9.79%), Calcium: 88.86mg (8.89%), Phosphorus: 80.99mg (8.1%), Folate: 31.98µg (8%), Iron: 1.41mg (7.84%), Potassium: 226.33mg (6.47%), Magnesium: 23.9mg (5.97%), Vitamin B3: 1.13mg (5.63%), Fiber: 1.12g (4.49%), Vitamin B6: 0.09mg (4.48%), Vitamin A: 214.76IU (4.3%), Copper: 0.08mg (4.08%), Vitamin B12: 0.23µg (3.82%), Vitamin B5: 0.33mg (3.31%), Vitamin D: 0.46µg (3.07%), Zinc: 0.36mg (2.39%), Vitamin E: 0.21mg (1.43%)