



Gingerbread Pancakes

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



18

CALORIES



49 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.8 cup spiced apple butter
- 2 eggs
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground ginger
- 0.3 teaspoon nutmeg
- 1 cup milk
- 2 tablespoons vegetable oil
- 2.5 cups frangelico

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Equipment

frying pan

Directions

Heat griddle or skillet over medium-high heat or electric griddle to 375F; grease with cooking spray, vegetable oil or shortening. (Surface is ready when a few drops of water sprinkled on it dance and disappear.)

Stir all ingredients until blended. Spoon batter by 1/4 cupfuls onto hot griddle.

Cook until edges are dry. Turn; cook until brown.

Nutrition Facts



PROTEIN 9% **FAT 44.73%** **CARBS 46.27%**

Properties

Glycemic Index:6.28, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:1.2995652167693%

Nutrients (% of daily need)

Calories: 49.12kcal (2.46%), Fat: 2.46g (3.78%), Saturated Fat: 0.65g (4.06%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 5.52g (2.01%), Sugar: 4.83g (5.36%), Cholesterol: 19.81mg (6.6%), Sodium: 13.87mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.22%), Vitamin K: 2.95µg (2.81%), Manganese: 0.05mg (2.69%), Selenium: 1.82µg (2.6%), Vitamin B2: 0.04mg (2.55%), Phosphorus: 24.43mg (2.44%), Calcium: 21.42mg (2.14%), Vitamin B12: 0.12µg (1.95%), Vitamin D: 0.25µg (1.65%), Vitamin B5: 0.13mg (1.31%), Vitamin E: 0.19mg (1.25%), Potassium: 38.36mg (1.1%), Vitamin B6: 0.02mg (1.06%), Vitamin A: 51.06IU (1.02%)