



Gingerbread Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



18

CALORIES



120 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 baking mix original bisquick®

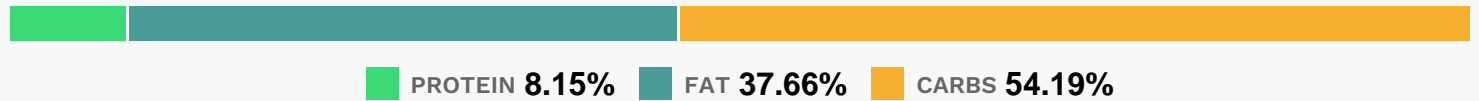
Equipment

- frying pan

Directions

- Heat griddle or skillet over medium-high heat or electric griddle to 375°F; 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



Properties

Glycemic Index:6.28, Glycemic Load:0.25, Inflammation Score:-1, Nutrition Score:3.4382608468118%

Nutrients (% of daily need)

Calories: 120.45kcal (6.02%), Fat: 5.02g (7.73%), Saturated Fat: 1.31g (8.19%), Carbohydrates: 16.27g (5.42%), Net Carbohydrates: 15.72g (5.72%), Sugar: 6.77g (7.52%), Cholesterol: 20.15mg (6.72%), Sodium: 226.54mg (9.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.44g (4.89%), Phosphorus: 121.93mg (12.19%), Vitamin B1: 0.11mg (7.1%), Vitamin B2: 0.12mg (6.83%), Folate: 23.27µg (5.82%), Manganese: 0.11mg (5.52%), Calcium: 51.25mg (5.13%), Selenium: 3.07µg (4.39%), Vitamin B3: 0.79mg (3.94%), Vitamin K: 4.03µg (3.84%), Iron: 0.59mg (3.29%), Vitamin B12: 0.18µg (3.03%), Vitamin B5: 0.28mg (2.79%), Fiber: 0.55g (2.2%), Copper: 0.04mg (1.96%), Potassium: 65.52mg (1.87%), Magnesium: 6.98mg (1.74%), Vitamin B6: 0.03mg (1.69%), Vitamin D: 0.25µg (1.65%), Zinc: 0.23mg (1.52%), Vitamin E: 0.21mg (1.4%), Vitamin A: 51.73IU (1.03%)