



Gingerbread Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



99 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.5 cup amber beer dark
- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup buttermilk
- ☐ 1 eggs
- ☐ 1.3 cups flour all-purpose
- ☐ 0.5 cup milk
- ☐ 1 tablespoon blackstrap molasses

- ☐ 1 teaspoon pumpkin pie spice freshly ground (or cinnamon, cloves, ginger, and nutmeg)
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar

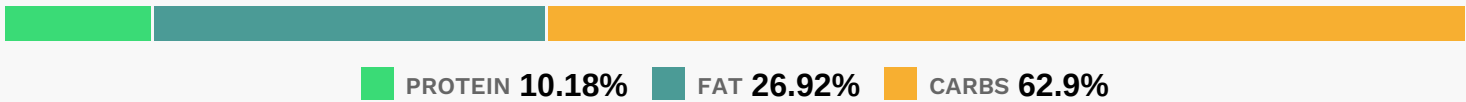
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together first 5 ingredients in a large bowl.
- ☐ Combine milk and next 5 ingredients in a separate bowl, and whisk until slightly frothy; add to flour mixture, and whisk just until blended.
- ☐ Spoon about 2 tablespoons of batter onto a hot, lightly greased griddle or nonstick pan. Cook until pancakes are covered with bubbles and edges turn brown. Turn and cook other side 2 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:36.72, Glycemic Load:10.18, Inflammation Score:-2, Nutrition Score:3.4799999810107%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 99.41kcal (4.97%), Fat: 2.9g (4.46%), Saturated Fat: 1.63g (10.19%), Carbohydrates: 15.23g (5.08%), Net Carbohydrates: 14.83g (5.39%), Sugar: 4.04g (4.49%), Cholesterol: 20.43mg (6.81%), Sodium: 149.83mg (6.51%), Alcohol: 0.38g (100%), Alcohol %: 0.98% (100%), Protein: 2.47g (4.93%), Selenium: 6.62µg (9.46%), Vitamin B1: 0.12mg (8%), Manganese: 0.15mg (7.47%), Folate: 28.09µg (7.02%), Calcium: 67.12mg (6.71%), Vitamin B2: 0.11mg (6.58%), Phosphorus: 54.03mg (5.4%), Iron: 0.9mg (4.99%), Vitamin B3: 0.91mg (4.54%), Magnesium: 10.29mg

(2.57%), Vitamin A: 103.26IU (2.07%), Potassium: 70.76mg (2.02%), Vitamin B12: 0.12µg (1.94%), Vitamin B5: 0.19mg (1.94%), Vitamin B6: 0.04mg (1.84%), Copper: 0.03mg (1.68%), Vitamin D: 0.25µg (1.67%), Fiber: 0.4g (1.6%), Zinc: 0.22mg (1.45%)