



Gingerbread Pancakes

 Vegetarian

READY IN



55 min.

SERVINGS



12

CALORIES



289 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 1.5 teaspoons baking soda
- ☐ 0.5 cup butter cooled lukewarm melted
- ☐ 0.5 cup hot-brewed coffee cold brewed
- ☐ 4 eggs
- ☐ 2 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 0.1 teaspoon ground cloves

- ☐ 1.5 teaspoons ground ginger
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 1.1 cups brown sugar light
- ☐ 0.8 cup milk
- ☐ 1 teaspoon salt
- ☐ 1 cup flour whole wheat

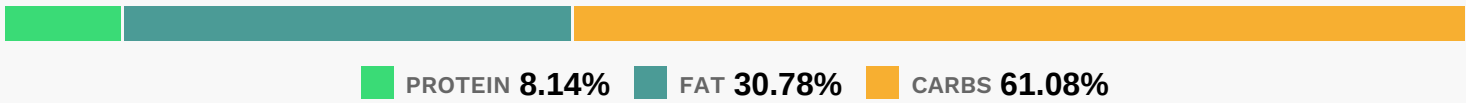
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk together the milk, coffee, butter, and eggs in a bowl until evenly blended; set aside. In a large bowl, stir together the all-purpose flour, whole wheat flour, sugar, baking soda, baking powder, salt, cinnamon, ginger, nutmeg, and cloves; pour the egg mixture into the flour mixture, and stir just until combined. Set aside for 10 to 15 minutes.
- ☐ Coat the bottom of a large skillet with cooking spray, and place pan over medium heat. Scoop large spoonfuls of batter onto the hot pan, and fry until bubbles appear on the surface. Flip and cook until browned on the other side. Continue with remaining batter.

Nutrition Facts



Properties

Glycemic Index:27.5, Glycemic Load:12.04, Inflammation Score:-4, Nutrition Score:8.7634781296162%

Nutrients (% of daily need)

Calories: 288.51kcal (14.43%), Fat: 10.04g (15.45%), Saturated Fat: 5.7g (35.62%), Carbohydrates: 44.84g (14.95%), Net Carbohydrates: 43.03g (15.65%), Sugar: 20.92g (23.25%), Cholesterol: 76.73mg (25.58%), Sodium: 530.77mg (23.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.95mg (1.32%), Protein: 5.97g (11.95%), Manganese: 0.71mg (35.51%), Selenium: 18.53µg (26.47%), Vitamin B1: 0.23mg (15.36%), Vitamin B2: 0.22mg (12.87%),

Phosphorus: 128.63mg (12.86%), Folate: 50.19µg (12.55%), Calcium: 114.96mg (11.5%), Iron: 1.92mg (10.66%), Vitamin B3: 1.83mg (9.13%), Fiber: 1.82g (7.27%), Vitamin A: 342.06IU (6.84%), Magnesium: 25.31mg (6.33%), Vitamin B5: 0.5mg (4.98%), Vitamin B6: 0.09mg (4.75%), Copper: 0.09mg (4.72%), Zinc: 0.69mg (4.6%), Potassium: 141.22mg (4.03%), Vitamin B12: 0.23µg (3.82%), Vitamin E: 0.47mg (3.15%), Vitamin D: 0.46µg (3.07%), Vitamin K: 1.12µg (1.07%)