



## Gingerbread Pancakes

 Vegetarian

READY IN



17 min.

SERVINGS



6

CALORIES



182 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon double-acting baking powder
- 0.3 teaspoon baking soda
- 1 large eggs lightly beaten
- 1 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.1 teaspoon ground cloves
- 1 teaspoon ground ginger
- 0.1 teaspoon ground nutmeg

- 1 cup buttermilk 1% low-fat ()
- 0.3 cup blackstrap molasses
- 0.1 teaspoon salt
- 2 tablespoons sugar
- 1 tablespoon vegetable oil

## Equipment

- bowl
- frying pan
- knife
- whisk
- measuring cup

## Directions

- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, baking powder, and next 7 ingredients in a large bowl; stir with a whisk.
- Combine egg and next 3 ingredients in a small bowl; stir well.
- Add to flour mixture, stirring until smooth.
- Spoon about 1/4 cup batter onto a hot nonstick griddle or nonstick skillet coated with cooking spray. Turn pancakes when tops are covered with bubbles and edges look cooked.

## Nutrition Facts



## Properties

Glycemic Index:59.35, Glycemic Load:19.09, Inflammation Score:-3, Nutrition Score:7.6182608759922%

## Nutrients (% of daily need)

Calories: 182.12kcal (9.11%), Fat: 3.75g (5.78%), Saturated Fat: 0.93g (5.79%), Carbohydrates: 32.95g (10.98%), Net Carbohydrates: 32.23g (11.72%), Sugar: 16.51g (18.35%), Cholesterol: 32.6mg (10.87%), Sodium: 241.63mg (10.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.14%), Manganese: 0.53mg (26.34%), Selenium: 13.14µg

(18.77%), Calcium: 124.61mg (12.46%), Vitamin B1: 0.19mg (12.44%), Vitamin B2: 0.2mg (12.02%), Magnesium: 45.14mg (11.29%), Folate: 44.14µg (11.03%), Iron: 1.96mg (10.88%), Phosphorus: 94.36mg (9.44%), Potassium: 305.11mg (8.72%), Vitamin B3: 1.43mg (7.13%), Vitamin B6: 0.13mg (6.68%), Copper: 0.11mg (5.6%), Vitamin B5: 0.44mg (4.44%), Vitamin K: 4.41µg (4.2%), Zinc: 0.48mg (3.2%), Fiber: 0.72g (2.89%), Vitamin B12: 0.16µg (2.7%), Vitamin E: 0.31mg (2.09%), Vitamin A: 64.5IU (1.29%), Vitamin D: 0.17µg (1.11%)