



Gingerbread Pancakes with Warm Lemon Sauce

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



99 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs
- 3.4 ounce jell-o lemon flavor pudding instant
- 2.5 cups milk
- 1.3 cups warm water
- 14.5 ounce gingerbread mix
- 14.5 ounce gingerbread mix

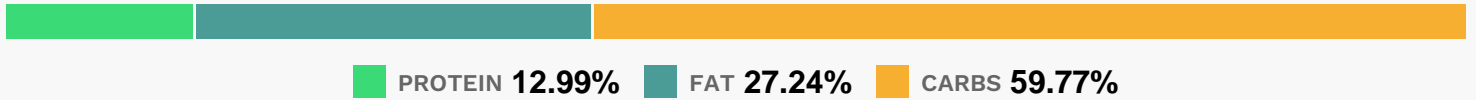
Equipment

- bowl
- frying pan
- whisk
- microwave

Directions

- Mix gingerbread mix, water and egg in large bowl until batter is smooth.
- Heat griddle or large skillet sprayed with cooking spray on medium heat.
- Pour batter onto griddle, using scant 1/4 cup batter for each pancake. Cook until bubbles form on tops, then turn to brown other sides.
- Meanwhile, beat pudding mix and milk in microwaveable bowl with whisk 2 min. Microwave on HIGH 1-1/2 min. or until heated through, stirring after 1 min.
- Serve pancakes with warm lemon sauce.

Nutrition Facts



Properties

Glycemic Index:4.75, Glycemic Load:1.35, Inflammation Score:-1, Nutrition Score:3.0456521698962%

Nutrients (% of daily need)

Calories: 99.28kcal (4.96%), Fat: 3.01g (4.63%), Saturated Fat: 1.6g (10.01%), Carbohydrates: 14.87g (4.96%), Net Carbohydrates: 14.79g (5.38%), Sugar: 13.25g (14.72%), Cholesterol: 29.61mg (9.87%), Sodium: 115.14mg (5.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.46%), Calcium: 98.58mg (9.86%), Phosphorus: 88.14mg (8.81%), Vitamin B2: 0.13mg (7.76%), Vitamin B12: 0.46µg (7.68%), Vitamin D: 0.95µg (6.32%), Selenium: 3.25µg (4.64%), Vitamin B5: 0.37mg (3.69%), Potassium: 124.37mg (3.55%), Vitamin A: 153.23IU (3.06%), Vitamin B1: 0.04mg (2.99%), Vitamin B6: 0.06mg (2.79%), Zinc: 0.39mg (2.6%), Magnesium: 10.18mg (2.54%)