



Gingerbread Pancakes with Warm Lemon Sauce

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



26 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs
- 3.4 oz jell-o lemon flavor pudding instant
- 2.5 cups milk
- 1.3 cups warm water
- 14.5 oz gingerbread mix
- 14.5 oz 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:1.27, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:0.81260869571048%

Nutrients (% of daily need)

Calories: 26.47kcal (1.32%), Fat: 0.8g (1.24%), Saturated Fat: 0.43g (2.67%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 3.94g (1.43%), Sugar: 3.53g (3.93%), Cholesterol: 7.9mg (2.63%), Sodium: 30.7mg (1.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Calcium: 26.29mg (2.63%), Phosphorus: 23.5mg (2.35%), Vitamin B2: 0.04mg (2.07%), Vitamin B12: 0.12µg (2.05%), Vitamin D: 0.25µg (1.69%), Selenium: 0.87µg (1.24%)