



Grandma's Gingerbread Pancakes



Vegetarian



Dairy Free

READY IN



25 min.

SERVINGS



10

CALORIES



101 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground ginger dried
- ☐ 0.3 cup blackstrap molasses
- ☐ 0.3 teaspoon salt

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 cups water

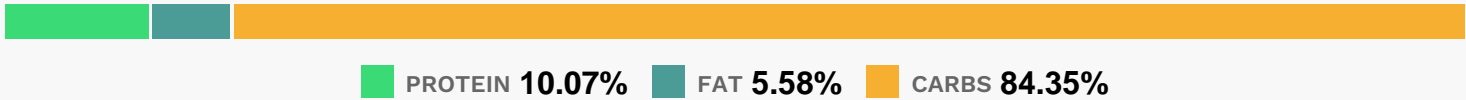
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Whisk the flour, baking powder, baking soda, salt, ginger, and cinnamon in a bowl; set aside. Beat the egg in a separate mixing bowl with the vanilla and molasses until smooth.
- ☐ Whisk in the water until completely incorporated. Stir the flour mixture into the molasses mixture until just combined -- a few lumps are okay.
- ☐ Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry. Flip, and cook until browned on the other side. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:21.6, Glycemic Load:13.22, Inflammation Score:-2, Nutrition Score:4.5773913229451%

Nutrients (% of daily need)

Calories: 100.59kcal (5.03%), Fat: 0.62g (0.95%), Saturated Fat: 0.17g (1.07%), Carbohydrates: 21g (7%), Net Carbohydrates: 20.37g (7.41%), Sugar: 6.39g (7.1%), Cholesterol: 16.37mg (5.46%), Sodium: 139.48mg (6.06%), Alcohol: 0.07g (100%), Alcohol %: 0.13% (100%), Protein: 2.51g (5.02%), Manganese: 0.33mg (16.34%), Selenium: 9.27µg (13.24%), Vitamin B1: 0.15mg (10.17%), Folate: 36.41µg (9.1%), Iron: 1.43mg (7.92%), Vitamin B2: 0.11mg (6.67%), Magnesium: 25.86mg (6.47%), Vitamin B3: 1.2mg (6.01%), Calcium: 49.29mg (4.93%), Potassium: 151.71mg (4.33%), Phosphorus: 40.65mg (4.06%), Copper: 0.08mg (3.91%), Vitamin B6: 0.07mg (3.66%), Fiber: 0.63g (2.51%), Vitamin B5: 0.22mg (2.19%), Zinc: 0.22mg (1.49%)