



Halloween Pumpkin Pancakes

READY IN



25 min.

SERVINGS



6

CALORIES



232 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup granulated sugar
- 0.5 cup brown sugar light packed
- 2 tablespoons flour all-purpose
- 2 teaspoons ground cinnamon
- 1 teaspoon vanilla
- 1 cup water
- 1 serving purple gel food coloring black
- 1 cup milk
- 2 eggs

- 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 2 tablespoons granulated sugar
- 0.5 teaspoon ground cinnamon
- 1 pinch nutmeg
- 1 serving food coloring red yellow (or orange)
- 2 cups frangelico

Equipment

- bowl
- frying pan
- sauce pan

Directions

- In 1-quart saucepan, heat Syrup ingredients to boiling, stirring constantly, slowly adding enough black food color to completely color the mixture black. Stir constantly while boiling a few more minutes until mixture thickens.
- Remove from heat; set aside.
- In large bowl, stir together Pancake ingredients until well combined. Spoon batter onto hot greased griddle; cook until golden, 2 to 3 minutes each side.
- Transfer to serving plates; top with syrup, and serve warm.

Nutrition Facts



Properties

Glycemic Index:55.53, Glycemic Load:16.57, Inflammation Score:-8, Nutrition Score:6.6882607949817%

Nutrients (% of daily need)

Calories: 231.96kcal (11.6%), Fat: 2.89g (4.44%), Saturated Fat: 1.28g (8%), Carbohydrates: 49.26g (16.42%), Net Carbohydrates: 46.85g (17.03%), Sugar: 40.58g (45.08%), Cholesterol: 59.44mg (19.81%), Sodium: 90.61mg (3.94%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 3.75g (7.5%), Vitamin A: 2014.76IU (40.3%),

Manganese: 0.28mg (13.87%), Vitamin B2: 0.17mg (9.83%), Fiber: 2.41g (9.65%), Selenium: 6.74µg (9.63%), Calcium: 92.27mg (9.23%), Phosphorus: 84.6mg (8.46%), Vitamin B5: 0.67mg (6.71%), Vitamin B12: 0.35µg (5.84%), Vitamin D: 0.74µg (4.94%), Folate: 19.7µg (4.93%), Vitamin B6: 0.1mg (4.79%), Iron: 0.83mg (4.59%), Potassium: 144.92mg (4.14%), Vitamin B1: 0.05mg (3.51%), Magnesium: 13.72mg (3.43%), Zinc: 0.47mg (3.1%), Copper: 0.05mg (2.56%), Vitamin B3: 0.32mg (1.61%), Vitamin E: 0.2mg (1.3%)