



Helen's Priceless Pumpkin Pancakes

READY IN



45 min.

SERVINGS



16

CALORIES



110 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 1.3 cups buttermilk
- ☐ 1.3 cups cake flour
- ☐ 4 large eggs separated
- ☐ 1.8 teaspoons pumpkin pie spice
- ☐ 0.8 cup pumpkin puree
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup butter unsalted melted

- ☐ 0.8 teaspoon vanilla extract
- ☐ 0.3 cup sugar white

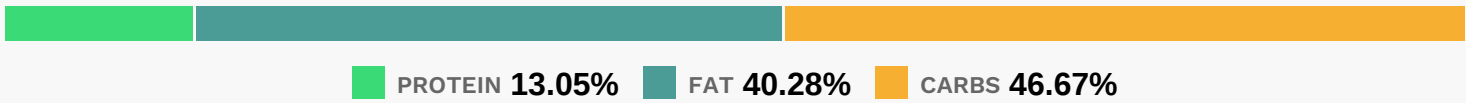
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Whisk buttermilk, pumpkin puree, egg yolks, sugar, and vanilla extract together in a bowl until blended.
- ☐ Whisk in melted butter.
- ☐ Whisk cake flour, pumpkin pie spice, baking soda, baking powder, and salt together in a bowl.
- ☐ Add flour mixture to buttermilk mixture and whisk to combine.
- ☐ Beat egg whites in a glass or metal bowl until soft peaks form. Lift your beater or whisk straight up: the egg whites will form soft mounds rather than a sharp peak. Fold egg whites into buttermilk-flour mixture to form pancake batter.
- ☐ Heat a lightly oiled griddle or skillet over medium heat. Drop batter by large spoonfuls onto the griddle and cook until bubbles form on top, 1 to 2 minutes. Flip and cook until browned on the other side, 1 to 2 minutes. Repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:16.26, Glycemic Load:7.42, Inflammation Score:-8, Nutrition Score:4.9830434736998%

Nutrients (% of daily need)

Calories: 109.89kcal (5.49%), Fat: 4.93g (7.58%), Saturated Fat: 2.63g (16.41%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 12.23g (4.45%), Sugar: 4.53g (5.04%), Cholesterol: 56.19mg (18.73%), Sodium: 206.34mg (8.97%), Alcohol: 0.06g (100%), Alcohol %: 0.13% (100%), Protein: 3.59g (7.19%), Vitamin A: 1975.17IU (39.5%), Selenium: 8.79µg (12.55%), Manganese: 0.14mg (6.97%), Phosphorus: 61.41mg (6.14%), Vitamin B2: 0.1mg (6.12%), Calcium:

50.24mg (5.02%), Vitamin D: 0.55µg (3.65%), Vitamin B5: 0.36mg (3.58%), Vitamin B12: 0.2µg (3.39%), Iron: 0.55mg (3.06%), Folate: 11.79µg (2.95%), Vitamin E: 0.39mg (2.63%), Fiber: 0.62g (2.46%), Copper: 0.05mg (2.35%), Zinc: 0.35mg (2.33%), Potassium: 79.34mg (2.27%), Magnesium: 9.08mg (2.27%), Vitamin K: 2.27µg (2.16%), Vitamin B6: 0.04mg (1.97%), Vitamin B1: 0.03mg (1.69%)