



Orange Pumpkin Pancakes with Vanilla Whipped Cream, Cinnamon Maple Syrup and Thick-Cut Bacon

READY IN



65 min.

SERVINGS



4

CALORIES



1114 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 7.5 ounces pumpkin canned
- ☐ 1 cinnamon sticks
- ☐ 0.8 cup milk4 eggs separated
- ☐ 2 cups flour all-purpose
- ☐ 1.5 cups heavy cream chilled
- ☐ 1 cup grade b maple syrup

- ☐ 1 orange zest juiced
- ☐ 0.5 teaspoon salt for egg whites plus a pinch
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 4 ounces bacon thick-cut
- ☐ 1 teaspoon vanilla extract

Equipment

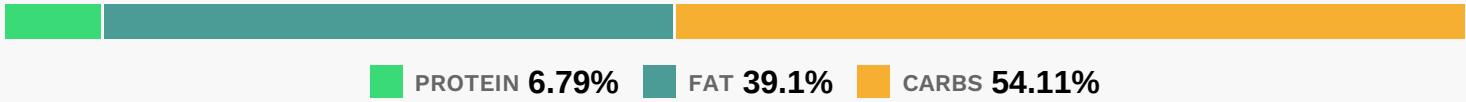
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Sift together the flour, sugar, baking powder and salt in a large bowl.
- ☐ Combine the pumpkin, milk, egg yolks, orange juice and zest in another bowl, mixing until homogenous. Make a well in the dry ingredients.
- ☐ Pour the wet ingredients into the well and mix until combined.
- ☐ Preheat the griddle.
- ☐ Beat the egg whites with a pinch salt in a separate bowl, using a whisk or electric mixer, until the whites form stiff peaks. Fold the egg whites into the batter in thirds. Do this quickly and gently, so the pancakes will be light and fluffy.
- ☐ Melt small pats of butter onto the griddle, and then spread them around with a paper towel to remove any excess. Spoon or ladle the batter onto the griddle to the desired size of the pancake. When the top of the pancakes are full of holes (look like bubbles have risen to the surface and burst), flip and cook until the bottoms are golden brown.

- ☐
- Transfer the pancakes to serving plates, dust with powdered sugar and serve with Cinnamon Maple Syrup, Vanilla Whipped Cream and Thick-
- ☐
- Cut Bacon on the side.
- ☐
- Heat the maple syrup with the cinnamon stick in a small saucepan over medium heat. When the syrup is hot, remove from the heat and allow the flavors to steep, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:87.17, Glycemic Load:82.84, Inflammation Score:-10, Nutrition Score:31.183478231015%

Nutrients (% of daily need)

Calories: 1114.47kcal (55.72%), Fat: 48.71g (74.94%), Saturated Fat: 25.9g (161.88%), Carbohydrates: 151.66g (50.55%), Net Carbohydrates: 147.65g (53.69%), Sugar: 93.5g (103.89%), Cholesterol: 289.06mg (96.35%), Sodium: 395.32mg (17.19%), Alcohol: 0.34g (100%), Alcohol %: 0.11% (100%), Protein: 19.04g (38.08%), Vitamin A: 9856.25IU (197.13%), Manganese: 2.53mg (126.53%), Vitamin B2: 1.77mg (104.31%), Selenium: 44.19µg (63.13%), Vitamin B1: 0.67mg (44.98%), Folate: 146.72µg (36.68%), Phosphorus: 292.16mg (29.22%), Iron: 4.96mg (27.55%), Calcium: 269.69mg (26.97%), Vitamin B3: 5.23mg (26.13%), Potassium: 574.92mg (16.43%), Vitamin D: 2.45µg (16.35%), Fiber: 4.01g (16.05%), Vitamin B5: 1.59mg (15.89%), Zinc: 2.26mg (15.05%), Magnesium: 59.64mg (14.91%), Vitamin E: 2.05mg (13.67%), Vitamin B6: 0.25mg (12.42%), Vitamin B12: 0.69µg (11.51%), Vitamin K: 11.96µg (11.39%), Copper: 0.21mg (10.55%), Vitamin C: 6.88mg (8.34%)