



Pecan Pancakes

READY IN



45 min.

SERVINGS



12

CALORIES



98 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 to 4 heavy metal cookie cutters
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1.1 cups milk for thinner batter (use more)
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1 teaspoon salt
- ☐ 2 teaspoons sugar

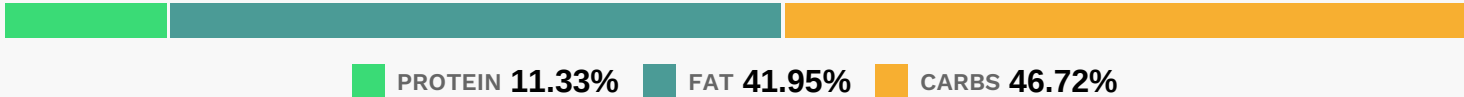
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ cookie cutter
- ☐ tongs

Directions

- ☐ Combine flour and next 3 ingredients in a bowl; whisk in 1 1/8 cups milk and egg, whisking until mixture is blended. Stir in pecans.
- ☐ Grease heavy metal cookie cutters lightly, and place on hot (375), lightly greased griddle.
- ☐ Pour pancake batter (approximately 2 tablespoons) into each cutter. Using tongs, remove cutters after 1 minute (cutters will be hot); cook pancakes 2 more minutes. Turn pancakes over, and cook 2 to 3 more minutes or until done.

Nutrition Facts



Properties

Glycemic Index:29.09, Glycemic Load:7.56, Inflammation Score:-1, Nutrition Score:4.0573912841146%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 97.77kcal (4.89%), Fat: 4.64g (7.14%), Saturated Fat: 0.96g (6.01%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 10.92g (3.97%), Sugar: 2.33g (2.59%), Cholesterol: 18.25mg (6.08%), Sodium: 320.5mg (13.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.64%), Manganese: 0.27mg (13.33%), Calcium: 94.02mg

(9.4%), Vitamin B1: 0.13mg (8.62%), Selenium: 5.51µg (7.87%), Phosphorus: 77.04mg (7.7%), Vitamin B2: 0.11mg (6.63%), Folate: 23.28µg (5.82%), Iron: 0.82mg (4.57%), Vitamin B3: 0.75mg (3.73%), Copper: 0.07mg (3.48%), Fiber: 0.7g (2.8%), Zinc: 0.42mg (2.77%), Magnesium: 11.04mg (2.76%), Vitamin B12: 0.16µg (2.68%), Vitamin B5: 0.24mg (2.35%), Vitamin D: 0.34µg (2.23%), Potassium: 69.84mg (2%), Vitamin B6: 0.04mg (1.77%), Vitamin A: 63.3IU (1.27%), Vitamin E: 0.16mg (1.07%)