



Pumpkin Apple Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



382 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 apples cored peeled chopped
- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 tbsp butter divided
- ☐ 0.5 cup pumpkin puree canned
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 1 cup flour
- ☐ 1 cup milk

- ☐ 0.3 teaspoon nutmeg
- ☐ 4 servings karo syrup
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons vegetable oil

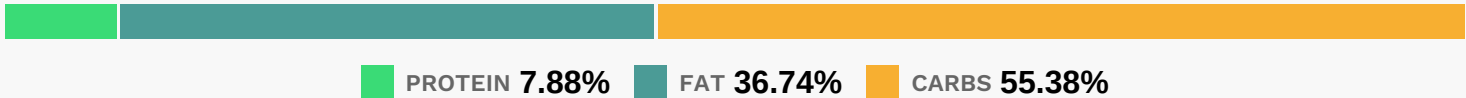
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix together all ingredients except butter and syrup in a medium bowl.
- ☐ Melt 2 tsp. butter in a large nonstick frying pan over medium heat. Spoon batter by 1/3-cup portions into pan, making 3 or 4 pancakes at a time. Cook, turning once, until cooked through, 8 to 10 minutes. Continue making pancakes with remaining batter, adding more butter to pan for each batch.
- ☐ Serve with syrup and more butter if you like.

Nutrition Facts



Properties

Glycemic Index:108.02, Glycemic Load:22.88, Inflammation Score:-10, Nutrition Score:15.693913148797%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 382.44kcal (19.12%), Fat: 16.22g (24.96%), Saturated Fat: 6.35g (39.69%), Carbohydrates: 55.03g (18.34%), Net Carbohydrates: 52.11g (18.95%), Sugar: 24.34g (27.05%), Cholesterol: 69.08mg (23.03%), Sodium: 567.51mg (24.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.83g (15.66%), Vitamin A: 5134.98IU (102.7%), Calcium: 291mg (29.1%), Selenium: 15.81µg (22.59%), Phosphorus: 203.61mg (20.36%), Vitamin B1: 0.3mg (20.02%), Vitamin B2: 0.33mg (19.24%), Vitamin K: 19.26µg (18.34%), Folate: 68.42µg (17.1%), Manganese: 0.31mg (15.35%), Iron: 2.5mg (13.89%), Fiber: 2.92g (11.69%), Vitamin B3: 2.08mg (10.39%), Vitamin E: 1.31mg (8.74%), Vitamin B12: 0.45µg (7.55%), Potassium: 257.33mg (7.35%), Vitamin B5: 0.71mg (7.15%), Magnesium: 26.27mg (6.57%), Vitamin D: 0.92µg (6.14%), Vitamin B6: 0.11mg (5.43%), Copper: 0.1mg (5.1%), Zinc: 0.71mg (4.75%), Vitamin C: 3.39mg (4.11%)