



Pumpkin Bourbon Pancakes

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



582 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup milk
- 2 eggs
- 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 teaspoon pumpkin pie spice
- 1 cup maple syrup
- 2 tablespoons butter
- 2 tablespoons irish whiskey
- 1 cup walnut pieces chopped

2 cups frangelico

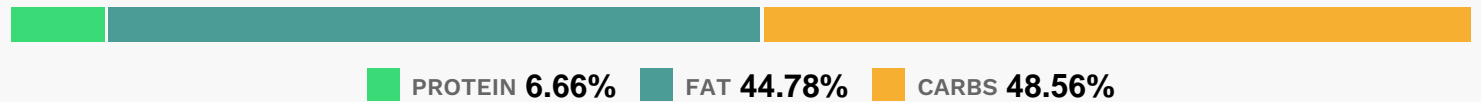
Equipment

sauce pan

Directions

- Mix Bisquick mix, milk and eggs as directed on box for pancakes, adding pumpkin and pumpkin pie spice to batter. Make pancakes as directed on box.
- In 1-quart saucepan, heat Syrup ingredients over low heat, stirring occasionally, until heated through and starting to simmer.
- Serve pancakes topped with syrup and nuts.

Nutrition Facts



Properties

Glycemic Index:39.88, Glycemic Load:21.29, Inflammation Score:-9, Nutrition Score:20.884347869002%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg

Nutrients (% of daily need)

Calories: 582.46kcal (29.12%), Fat: 28.9g (44.46%), Saturated Fat: 7.27g (45.43%), Carbohydrates: 70.52g (23.51%), Net Carbohydrates: 65.68g (23.89%), Sugar: 52.06g (57.85%), Cholesterol: 104.21mg (34.74%), Sodium: 177.72mg (7.73%), Alcohol: 2.7g (100%), Alcohol %: 1.42% (100%), Protein: 9.68g (19.35%), Manganese: 3.07mg (153.69%), Vitamin B2: 1.29mg (76.11%), Vitamin A: 3200.28IU (64.01%), Copper: 0.51mg (25.4%), Phosphorus: 224.06mg (22.41%), Calcium: 221.34mg (22.13%), Magnesium: 79.3mg (19.83%), Fiber: 4.84g (19.34%), Vitamin B6: 0.29mg (14.38%), Zinc: 2.11mg (14.08%), Selenium: 9.83µg (14.05%), Potassium: 483.62mg (13.82%), Vitamin B1: 0.2mg (13.52%), Folate: 51.15µg (12.79%), Vitamin B5: 1.12mg (11.23%), Iron: 1.78mg (9.91%), Vitamin B12: 0.54µg (8.95%), Vitamin D: 1.11µg (7.41%), Vitamin E: 0.64mg (4.26%), Vitamin B3: 0.62mg (3.09%), Vitamin C: 1.68mg (2.03%), Vitamin K: 1.67µg (1.59%)