



Pumpkin Cinnamon Roll Pancakes with Caramel Cream Cheese Frosting



Vegetarian



Popular

READY IN



40 min.

SERVINGS



2

CALORIES



913 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 1 tablespoon brown sugar
- ☐ 0.3 cup mrs richardson's butterscotch caramel sauce room temperature
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup cream cheese room temperature
- ☐ 1 eggs

- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ginger
- ☐ 1 cup milk
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup pumpkin puree
- ☐ 0.3 cup butter salted melted
- ☐ 2 tablespoons butter unsalted melted

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ microwave

Directions

- ☐ Mix the butter, brown sugar and cinnamon, place them in the corner of a small plastic bag and set aside.
- ☐ Mix the flour, baking powder, baking soda, cinnamon, nutmeg, cloves and ginger in a large bowl.
- ☐ Mix the egg, milk, pumpkin puree, butter and brown sugar in another bowl.
- ☐ Mix the dry ingredients into the wet ingredients.
- ☐ Heat a pan and melt a touch of butter in it.
- ☐ Pour 1/3 cup of the mixture into the pan.
- ☐ Cut a small hole in the corner of the plastic bag and squeeze out a swirl of the cinnamon mixture in a swirl around the top of the pancake batter.
- ☐ Heat until the surface starts to bubble and the bottom is golden brown, about 2-3 minutes, flip the pancake and cook the other side until the bottom is golden brown, about 1-2 minutes.
- ☐ Mix the caramel sauce and cream cheese, give them a 15-25 seconds in the microwave and drizzle over the pancakes.

Nutrition Facts



 **PROTEIN 7.11%**  **FAT 56.88%**  **CARBS 36.01%**

Properties

Glycemic Index:186, Glycemic Load:37.68, Inflammation Score:-10, Nutrition Score:24.875652365063%

Nutrients (% of daily need)

Calories: 912.81kcal (45.64%), Fat: 58.68g (90.28%), Saturated Fat: 35.58g (222.39%), Carbohydrates: 83.62g (27.87%), Net Carbohydrates: 79.56g (28.93%), Sugar: 31.26g (34.73%), Cholesterol: 236.58mg (78.86%), Sodium: 862.8mg (37.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.5g (32.99%), Vitamin A: 11553.8IU (231.08%), Selenium: 33.94µg (48.49%), Vitamin B2: 0.69mg (40.84%), Vitamin B1: 0.59mg (39.51%), Calcium: 374.51mg (37.45%), Manganese: 0.73mg (36.65%), Phosphorus: 354.85mg (35.49%), Folate: 137.08µg (34.27%), Iron: 4.53mg (25.18%), Vitamin B3: 4.13mg (20.66%), Vitamin B12: 1.06µg (17.6%), Vitamin E: 2.46mg (16.42%), Fiber: 4.06g (16.22%), Vitamin B5: 1.59mg (15.86%), Vitamin K: 14.96µg (14.24%), Potassium: 489.55mg (13.99%), Vitamin D: 1.99µg (13.28%), Magnesium: 52.37mg (13.09%), Zinc: 1.54mg (10.27%), Vitamin B6: 0.2mg (9.8%), Copper: 0.19mg (9.47%), Vitamin C: 2.77mg (3.36%)