



Pumpkin Pancakes

READY IN



45 min.

SERVINGS



4

CALORIES



149 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 teaspoon baking soda
- 0.3 cup cake flour
- 0.5 cup pumpkin canned
- 4 large egg whites
- 1 large egg yolk
- 0.5 cup vanilla yogurt low-fat
- 4 servings maple syrup
- 0.3 teaspoon salt

Equipment

- frying pan
- whisk

Directions

- Whisk together pumpkin, yogurt, baking soda, egg yolk, and flour.
- Whisk egg whites with salt; fold into pumpkin mixture.
- Heat a large nonstick skillet coated with cooking spray over medium heat. Spoon in 1/3 cup batter for each pancake. Flip when tops are covered with bubbles and edges are slightly brown (about 3 minutes per side).
- Drizzle with syrup or honey.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:8.59, Inflammation Score:-10, Nutrition Score:10.965652113375%

Nutrients (% of daily need)

Calories: 149.49kcal (7.47%), Fat: 1.78g (2.74%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 26.24g (8.75%), Net Carbohydrates: 25.16g (9.15%), Sugar: 17.5g (19.45%), Cholesterol: 47.43mg (15.81%), Sodium: 294.26mg (12.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.06g (14.11%), Vitamin A: 4840.78IU (96.82%), Vitamin B2: 0.5mg (29.65%), Manganese: 0.58mg (28.75%), Selenium: 13.71µg (19.58%), Calcium: 91.19mg (9.12%), Phosphorus: 81.17mg (8.12%), Potassium: 241.42mg (6.9%), Magnesium: 21.94mg (5.49%), Vitamin B5: 0.52mg (5.16%), Vitamin K: 4.98µg (4.75%), Vitamin B12: 0.27µg (4.58%), Fiber: 1.08g (4.3%), Folate: 17.15µg (4.29%), Zinc: 0.62mg (4.14%), Iron: 0.68mg (3.8%), Vitamin B1: 0.05mg (3.23%), Vitamin E: 0.47mg (3.14%), Copper: 0.06mg (3.1%), Vitamin B6: 0.05mg (2.52%), Vitamin C: 1.53mg (1.86%), Vitamin D: 0.23µg (1.53%), Vitamin B3: 0.28mg (1.38%)