



## Pumpkin Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



104 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tbsp double-acting baking powder
- 1 tbsp brown sugar
- 4 tbsp pumpkin pure canned
- 1 cup plant-based milk
- 0.5 tsp pumpkin pie spice
- 1 dash salt
- 1 cup flour whole wheat white ()

### Equipment

- frying pan
- whisk
- mixing bowl

## Directions

- In a mixing bowl, whisk flour with baking powder, pumpkin pie spice, and salt until well combined. Stir in pure pumpkin, nondairy milk, and sugar if using.
- Let batter rest for 10 minutes. Meanwhile, heat a nonstick skillet. When a drop of water fizzes on the skillet, it's ready. Turn heat down to low and pour pancake batter into skillet, ¼ cup at a time. Cook on one side until bubbles form, about 2 minutes, then gently flip it over and cook another 2–3 minutes. Repeat until you are out of batter. Dip in maple syrup, if desired.

- Nutritional Information
- Amount Per Serving
  - Calories
  - Fat
  - 80g
  - Carbohydrate
  - 30gDietary Fiber1.10gSugars1gProtein2.40g

## Nutrition Facts



## Properties

Glycemic Index:21.67, Glycemic Load:1.23, Inflammation Score:-7, Nutrition Score:4.5021739744622%

## Nutrients (% of daily need)

Calories: 103.54kcal (5.18%), Fat: 1.68g (2.59%), Saturated Fat: 0.78g (4.88%), Carbohydrates: 19.32g (6.44%), Net Carbohydrates: 17.01g (6.18%), Sugar: 4.24g (4.71%), Cholesterol: 4.88mg (1.63%), Sodium: 235.05mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.24%), Vitamin A: 1622.55IU (32.45%), Calcium: 186.1mg (18.61%), Fiber: 2.32g (9.26%), Phosphorus: 88.64mg (8.86%), Iron: 0.87mg (4.83%), Vitamin B12: 0.22µg (3.66%), Vitamin B2: 0.06mg (3.63%), Potassium: 107.6mg (3.07%), Vitamin D: 0.45µg (2.98%), Manganese: 0.04mg (2.02%), Magnesium: 8.09mg (2.02%), Vitamin B5: 0.19mg (1.94%), Vitamin B1: 0.03mg (1.69%), Vitamin K: 1.76µg (1.68%), Vitamin B6: 0.03mg (1.59%), Zinc: 0.19mg (1.25%), Selenium: 0.85µg (1.22%)