



Pumpkin Pancakes with Black Cinnamon Syrup

READY IN



25 min.

SERVINGS



6

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 2 eggs
- 6 servings purple gel food coloring black
- 2 tablespoons granulated sugar
- 0.5 teaspoon ground cinnamon
- 0.5 cup brown sugar light packed
- 1 cup milk
- 1 pinch nutmeg

- 2 tablespoons flour all-purpose gold medal®
- 1 teaspoon vanilla
- 1 cup water
- 6 servings food coloring red yellow (or orange)
- 2 cups baking mix original bisquick®

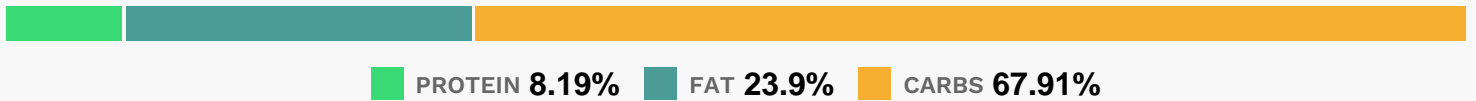
Equipment

- bowl
- frying pan
- sauce pan

Directions

- In 1-quart saucepan, heat Syrup ingredients to boiling, stirring constantly, slowly adding enough black food color to completely color the mixture black. Stir constantly while boiling a few more minutes until mixture thickens.
- Remove from heat; set aside.
- In large bowl, stir together Pancake ingredients until well combined. Spoon batter onto hot greased griddle; cook until golden, 2 to 3 minutes each side.
- Transfer to serving plates; top with syrup, and serve warm.

Nutrition Facts



Properties

Glycemic Index:43.02, Glycemic Load:4.93, Inflammation Score:-8, Nutrition Score:11.400000007256%

Nutrients (% of daily need)

Calories: 337.35kcal (16.87%), Fat: 8.99g (13.82%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 57.44g (19.15%), Net Carbohydrates: 54.54g (19.83%), Sugar: 28.59g (31.76%), Cholesterol: 60.24mg (20.08%), Sodium: 600.78mg (26.12%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 6.92g (13.85%), Vitamin A: 2014.39IU (40.29%), Phosphorus: 318.17mg (31.82%), Vitamin B2: 0.34mg (19.91%), Vitamin B1: 0.28mg (18.84%), Folate: 69.66µg (17.42%), Calcium: 157.02mg (15.7%), Manganese: 0.3mg (14.82%), Selenium: 9.62µg (13.75%), Fiber: 2.9g (11.59%),

Vitamin B3: 2.13mg (10.65%), Iron: 1.87mg (10.39%), Vitamin B5: 1.02mg (10.22%), Vitamin B12: 0.51µg (8.44%),
Vitamin B6: 0.13mg (6.26%), Potassium: 206.92mg (5.91%), Magnesium: 23.32mg (5.83%), Copper: 0.11mg (5.47%),
Vitamin D: 0.74µg (4.94%), Zinc: 0.69mg (4.61%), Vitamin K: 2.83µg (2.69%), Vitamin E: 0.23mg (1.54%), Vitamin C:
0.92mg (1.11%)