



Pumpkin Pancakes with Halloween Spiderwebs

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



388 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 container chocolate frosting
- 1 teaspoon pumpkin pie spice
- 2 tablespoons maple syrup
- 0.3 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1.3 cups milk
- 2 eggs
- 1 teaspoon vanilla

2.3 cups frangelico

Equipment

bowl

frying pan

whisk

Directions

Add chocolate frosting to decorating bag fitted with small round tip.

Brush griddle or skillet with vegetable oil, or spray with cooking spray.

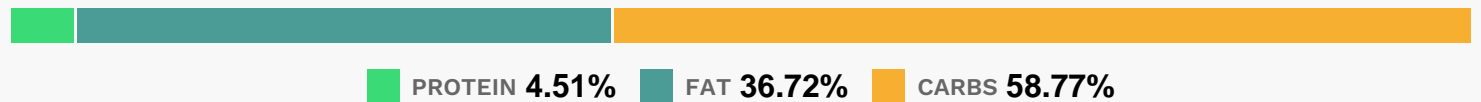
Heat over medium-low heat.

In medium bowl, stir Pancake ingredients with whisk until blended.

For each pancake, pour slightly less than 1/4 cup batter onto hot griddle. Cook about 30 seconds or until edges are dry. Turn; cook other sides until golden brown.

Draw spiderwebs on pancakes with chocolate frosting in decorating bag, and serve.

Nutrition Facts



Properties

Glycemic Index:12.42, Glycemic Load:2.54, Inflammation Score:-7, Nutrition Score:8.0217391783776%

Nutrients (% of daily need)

Calories: 387.87kcal (19.39%), Fat: 16.37g (25.19%), Saturated Fat: 5.61g (35.07%), Carbohydrates: 58.96g (19.65%), Net Carbohydrates: 56.99g (20.72%), Sugar: 50.17g (55.74%), Cholesterol: 60.66mg (20.22%), Sodium: 210.34mg (9.15%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 4.53g (9.06%), Vitamin A: 1407.88IU (28.16%), Manganese: 0.46mg (22.76%), Vitamin B2: 0.25mg (14.91%), Phosphorus: 147.21mg (14.72%), Calcium: 91.94mg (9.19%), Vitamin E: 1.36mg (9.09%), Selenium: 6.27µg (8.96%), Copper: 0.17mg (8.72%), Iron: 1.56mg (8.68%), Potassium: 283.37mg (8.1%), Fiber: 1.97g (7.9%), Magnesium: 28.05mg (7.01%), Vitamin B12: 0.41µg (6.75%), Vitamin B5: 0.61mg (6.06%), Vitamin D: 0.85µg (5.68%), Zinc: 0.71mg (4.75%), Vitamin B6: 0.09mg (4.25%), Vitamin B1: 0.05mg (3.43%), Folate: 12.98µg (3.24%), Vitamin B3: 0.23mg (1.13%)