



Pumpkin Pancakes with Halloween Spiderwebs

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



388 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

- 2.3 cups frangelico
- 2.3 cups frangelico

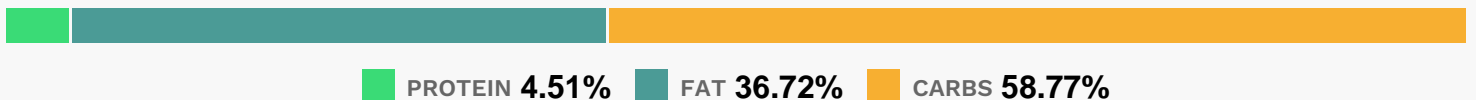
Equipment

- 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%)