



Pumpkin Pie Pancakes

READY IN



15 min.

SERVINGS



14

CALORIES



100 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 eggs beaten
- 1.3 cups skim milk fat-free (skim)
- 2 cups baking mix bisquick heart smart®
- 0.5 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground allspice
- 1 serving maple syrup

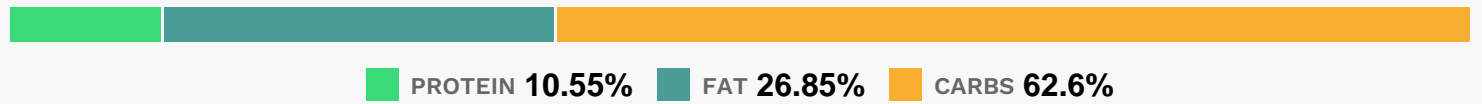
Equipment

- bowl
- frying pan

Directions

- Into medium-large bowl, mix all ingredients except syrup until smooth. Batter will be thick.
- Spray griddle with cooking spray; heat over medium-high heat. For each pancake, pour about 1/4 cup batter onto hot griddle. Cook until bubbles form around edges. Turn pancakes; cook about 3 minutes or until golden brown on bottom.
- Serve pancakes with maple syrup.

Nutrition Facts



Properties

Glycemic Index:6.41, Glycemic Load:0.71, Inflammation Score:-6, Nutrition Score:4.6865217478379%

Nutrients (% of daily need)

Calories: 99.73kcal (4.99%), Fat: 2.98g (4.58%), Saturated Fat: 0.8g (4.98%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 14.37g (5.22%), Sugar: 3.97g (4.41%), Cholesterol: 12.69mg (4.23%), Sodium: 252.43mg (10.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.63g (5.27%), Vitamin A: 863.25IU (17.27%), Phosphorus: 134.43mg (13.44%), Vitamin B2: 0.15mg (8.68%), Manganese: 0.16mg (7.92%), Vitamin B1: 0.11mg (7.64%), Calcium: 68.35mg (6.83%), Folate: 26.75µg (6.69%), Fiber: 1.25g (5.01%), Vitamin B3: 0.85mg (4.24%), Selenium: 2.8µg (4%), Vitamin B5: 0.39mg (3.88%), Vitamin B12: 0.22µg (3.7%), Iron: 0.65mg (3.61%), Potassium: 86.69mg (2.48%), Vitamin B6: 0.05mg (2.34%), Magnesium: 9.31mg (2.33%), Vitamin D: 0.3µg (2.02%), Zinc: 0.28mg (1.87%), Copper: 0.04mg (1.83%), Vitamin K: 1.17µg (1.11%)