



Pumpkin Pie Pancakes



Vegetarian



Popular

READY IN



30 min.

SERVINGS



2

CALORIES



568 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 tablespoon brown sugar
- ☐ 2 servings vanilla bourbon caramel sauce to taste
- ☐ 1 teaspoon cinnamon
- ☐ 1 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.1 teaspoon ginger

- ☐ 1 cup milk
- ☐ 0.3 teaspoon nutmeg
- ☐ 0.5 cup pumpkin puree
- ☐ 2 tablespoons butter unsalted melted

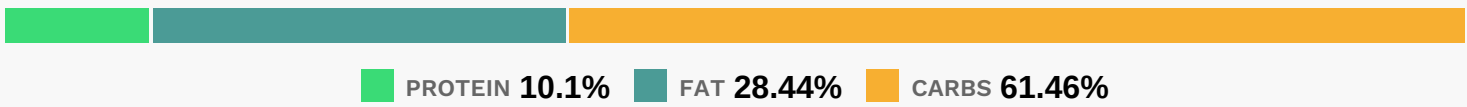
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the flour, baking powder, baking soda, cinnamon, nutmeg, ginger and cloves in a large bowl.
- ☐ Mix the egg, milk, pumpkin puree, butter and brown sugar in another bowl.
- ☐ Mix the dry ingredients into the wet ingredients.
- ☐ Heat a pan over medium heat and melt a touch of butter in it.
- ☐ Pour 1/4 to 1/3 cup of the mixture into the pan and cook until the surface starts to bubble and the bottom is golden brown, about 2–3 minutes, flip the pancake and cook the other side until the bottom is golden brown, about 1–2 minutes.

Nutrition Facts



Properties

Glycemic Index:147.5, Glycemic Load:37.24, Inflammation Score:-10, Nutrition Score:23.356521896694%

Nutrients (% of daily need)

Calories: 567.51kcal (28.38%), Fat: 18.24g (28.06%), Saturated Fat: 10.4g (65.03%), Carbohydrates: 88.7g (29.57%), Net Carbohydrates: 84.65g (30.78%), Sugar: 36.86g (40.96%), Cholesterol: 126.58mg (42.19%), Sodium: 707.29mg (30.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.57g (29.14%), Vitamin A: 10237.84IU (204.76%), Selenium: 31.28µg (44.68%), Vitamin B1: 0.58mg (38.95%), Manganese: 0.74mg (36.77%), Vitamin B2: 0.62mg (36.24%), Calcium: 343.64mg (34.36%), Folate: 133.61µg (33.4%), Phosphorus: 319.95mg (32%), Iron: 4.49mg (24.97%), Vitamin B3: 4.09mg (20.45%), Fiber: 4.05g (16.21%), Vitamin B12: 0.95µg (15.84%), Vitamin B5: 1.4mg

(14.01%), Vitamin D: 1.99µg (13.28%), Potassium: 450.25mg (12.86%), Magnesium: 49.59mg (12.4%), Vitamin K: 11.71µg (11.15%), Copper: 0.18mg (9.2%), Zinc: 1.36mg (9.1%), Vitamin E: 1.35mg (8.98%), Vitamin B6: 0.18mg (8.93%), Vitamin C: 2.82mg (3.42%)