



Pumpkin Spiced Pancakes

 Vegetarian

READY IN



23 min.

SERVINGS



2

CALORIES



801 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 servings butter room temperature
- ☐ 0.3 cup pumpkin canned
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground ginger
- ☐ 1 cup maple-flavored pancake syrup
- ☐ 1 cup buttermilk pancake mix
- ☐ 5 tablespoons pecans toasted chopped
- ☐ 1 cup water cold

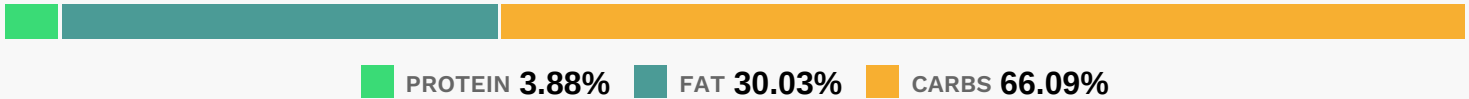
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ microwave

Directions

- ☐ Combine maple syrup and pecans in small microwave-safe bowl.
- ☐ Heat in microwave on high until hot, about 25 seconds. Set pecan syrup aside and keep warm.
- ☐ In a medium bowl, whisk pancake mix, water, pumpkin, cinnamon, and ginger until just blended (do not over mix; mixture should be lumpy).
- ☐ Spray a heavy griddle with nonstick spray and heat griddle over medium heat. Spoon 2 tablespoons of batter onto griddle to form each pancake. Cook for 2 minutes or until bubbles appear, then turn pancakes over and cook for 2 minutes longer.
- ☐ Transfer pancakes to plates. Top with butter and serve with warm pecan syrup.

Nutrition Facts



Properties

Glycemic Index:50.75, Glycemic Load:39.71, Inflammation Score:-10, Nutrition Score:24.661738976188%

Flavonoids

Cyanidin: 2.68mg, Cyanidin: 2.68mg, Cyanidin: 2.68mg, Cyanidin: 2.68mg Delphinidin: 1.82mg, Delphinidin: 1.82mg, Delphinidin: 1.82mg, Delphinidin: 1.82mg Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg, Catechin: 1.81mg Epigallocatechin: 1.41mg, Epigallocatechin: 1.41mg, Epigallocatechin: 1.41mg, Epigallocatechin: 1.41mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg, Epigallocatechin 3-gallate: 0.57mg

Nutrients (% of daily need)

Calories: 800.96kcal (40.05%), Fat: 27.19g (41.83%), Saturated Fat: 5.51g (34.45%), Carbohydrates: 134.63g (44.88%), Net Carbohydrates: 129.51g (47.09%), Sugar: 98.83g (109.82%), Cholesterol: 56.9mg (18.97%), Sodium: 382.96mg (16.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.79%), Manganese: 5.15mg

(257.52%), Vitamin B2: 2.3mg (135.51%), Vitamin A: 6657.89IU (133.16%), Calcium: 353.4mg (35.34%), Phosphorus: 288.93mg (28.89%), Vitamin B1: 0.41mg (27.48%), Magnesium: 89.87mg (22.47%), Fiber: 5.12g (20.48%), Copper: 0.4mg (19.8%), Potassium: 684.87mg (19.57%), Zinc: 2.85mg (19.01%), Iron: 2.31mg (12.86%), Selenium: 7.69µg (10.98%), Folate: 34.01µg (8.5%), Vitamin K: 7.92µg (7.54%), Vitamin B6: 0.15mg (7.31%), Vitamin B5: 0.72mg (7.16%), Vitamin B3: 1.41mg (7.03%), Vitamin E: 0.91mg (6.07%), Vitamin B12: 0.23µg (3.82%), Vitamin C: 2.4mg (2.91%)