



Savory Butternut Squash Pancakes

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 2 cups butternut squash cooked mashed
- ☐ 1 teaspoon saigon cinnamon
- ☐ 0.3 cup currants dried
- ☐ 2 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 1 teaspoon maple syrup
- ☐ 0.5 teaspoon nutmeg freshly grated

- ☐ 1 teaspoon salt
- ☐ 0.5 cup cup heavy whipping cream fat free sour
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water hot

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Hydrate shallots with hot water in a small bowl, 5 to 10 minutes.
- ☐ Drain.
- ☐ Sift flour, baking powder, salt, cinnamon, and nutmeg together in a large bowl.
- ☐ Whisk eggs, squash, shallots, and vanilla extract together in a separate bowl; stir into flour mixture until just mixed. Fold currants into batter.
- ☐ Heat vegetable oil in a skillet over medium heat. Scoop about 1/4 cup batter and drop into hot oil. Cook pancakes until crisp and lightly browned, 6 to 8 minutes per side. Repeat with remaining batter.
- ☐ Mix sour cream, vanilla extract, and maple syrup together in a bowl.
- ☐ Serve atop the squash pancakes.

Nutrition Facts



Properties

Glycemic Index:75.88, Glycemic Load:11.51, Inflammation Score:-10, Nutrition Score:15.260434803755%

Nutrients (% of daily need)

Calories: 178.95kcal (8.95%), Fat: 2.43g (3.74%), Saturated Fat: 0.8g (5.01%), Carbohydrates: 34.34g (11.45%), Net Carbohydrates: 31.8g (11.56%), Sugar: 8.64g (9.6%), Cholesterol: 84.43mg (28.14%), Sodium: 978.66mg (42.55%),

Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Protein: 6.32g (12.64%), Vitamin A: 7641.41IU (152.83%), Calcium: 276.36mg (27.64%), Manganese: 0.44mg (21.76%), Selenium: 14.01µg (20.02%), Phosphorus: 186.4mg (18.64%), Vitamin C: 15.15mg (18.36%), Vitamin B2: 0.27mg (15.95%), Folate: 62.12µg (15.53%), Vitamin B1: 0.23mg (15.31%), Iron: 2.16mg (11.98%), Potassium: 409.66mg (11.7%), Fiber: 2.54g (10.17%), Vitamin B3: 1.96mg (9.8%), Magnesium: 38.1mg (9.52%), Vitamin B6: 0.19mg (9.3%), Vitamin E: 1.27mg (8.47%), Vitamin B5: 0.69mg (6.92%), Copper: 0.13mg (6.32%), Zinc: 0.71mg (4.7%), Vitamin B12: 0.28µg (4.7%), Vitamin D: 0.44µg (2.93%), Vitamin K: 1.34µg (1.27%)