



Savory Butternut Squash Pancakes

 Vegetarian

READY IN

ready

35 min.

SERVINGS

servings

4

CALORIES

calories

191 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
- ☐ 1 tablespoon shallots dried minced
- ☐ 0.5 cup cup heavy whipping cream fat free sour
- ☐ 1 teaspoon vanilla extract
- ☐ 1 teaspoon vegetable oil or as needed
- ☐ 1 tablespoon water hot

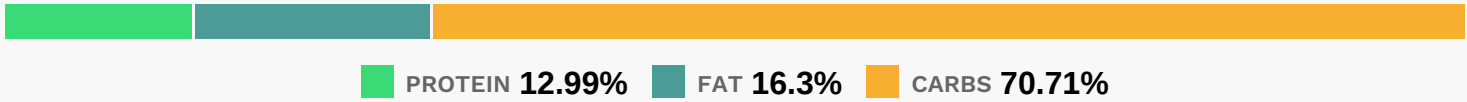
Equipment

- ☐ 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:83.38, Glycemic Load:11.61, Inflammation Score:-10, Nutrition Score:15.496521597323%

Nutrients (% of daily need)

Calories: 190.7kcal (9.53%), Fat: 3.56g (5.48%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 34.76g (11.59%), Net Carbohydrates: 32.14g (11.69%), Sugar: 8.84g (9.82%), Cholesterol: 84.43mg (28.14%), Sodium: 978.96mg (42.56%), Alcohol: 0.34g (100%), Alcohol %: 0.27% (100%), Protein: 6.38g (12.77%), Vitamin A: 7641.51IU (152.83%), Calcium: 277.29mg (27.73%), Manganese: 0.44mg (22.13%), Selenium: 14.04µg (20.06%), Phosphorus: 187.9mg (18.79%), Vitamin C: 15.35mg (18.61%), Vitamin B2: 0.27mg (15.98%), Folate: 62.97µg (15.74%), Vitamin B1: 0.23mg (15.41%), Iron: 2.19mg (12.15%), Potassium: 418.01mg (11.94%), Fiber: 2.62g (10.49%), Vitamin B3: 1.97mg (9.83%), Vitamin B6: 0.19mg (9.73%), Magnesium: 38.63mg (9.66%), Vitamin E: 1.36mg (9.09%), Vitamin B5: 0.7mg (6.99%), Copper: 0.13mg (6.43%), Zinc: 0.72mg (4.77%), Vitamin B12: 0.28µg (4.7%), Vitamin K: 3.42µg (3.26%), Vitamin D: 0.44µg (2.93%)