



Shredded Sweet Potato Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



12

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup baking mix
- ☐ 0.5 cup milk
- ☐ 4 eggs
- ☐ 3 cups sweet potatoes and into shredded peeled
- ☐ 0.3 cup pecans chopped

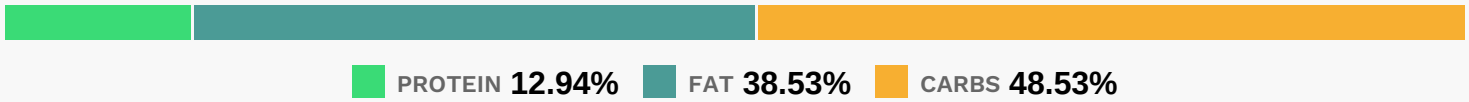
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat griddle or skillet; grease if necessary. Stir baking mix, milk and eggs in large bowl until blended. Stir in sweet potatoes and pecans.
- ☐ Pour batter by 1/4 cupfuls onto hot griddle, spreading each slightly to make 4-inch pancake.
- ☐ Cook about 3 minutes or until pancakes are dry around edges and bottoms are golden brown. Turn; cook about 2 minutes or until golden.

Nutrition Facts



Properties

Glycemic Index:8.83, Glycemic Load:3.49, Inflammation Score:-10, Nutrition Score:9.0695651976959%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 114.16kcal (5.71%), Fat: 4.91g (7.56%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 12.49g (4.54%), Sugar: 3.19g (3.54%), Cholesterol: 55.98mg (18.66%), Sodium: 170.58mg (7.42%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.71g (7.42%), Vitamin A: 4814.52IU (96.29%), Phosphorus: 119.73mg (11.97%), Manganese: 0.23mg (11.32%), Vitamin B2: 0.15mg (8.71%), Selenium: 5.73µg (8.19%), Vitamin B1: 0.11mg (7.33%), Vitamin B5: 0.64mg (6.37%), Folate: 23.55µg (5.89%), Fiber: 1.43g (5.7%), Vitamin B6: 0.11mg (5.65%), Copper: 0.1mg (5.18%), Calcium: 50.18mg (5.02%), Potassium: 173.15mg (4.95%), Iron: 0.79mg (4.41%), Magnesium: 16.54mg (4.14%), Vitamin B12: 0.22µg (3.74%), Vitamin B3: 0.69mg (3.44%), Zinc: 0.49mg (3.29%), Vitamin D: 0.41µg (2.7%), Vitamin E: 0.29mg (1.94%), Vitamin K: 1.4µg (1.34%), Vitamin C: 0.85mg (1.03%)