



## Simply Pumpkin Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



143 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 teaspoons double-acting baking powder
- 1 eggs beaten
- 1.3 cups flour all-purpose
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground nutmeg
- 1 cup milk
- 0.5 cup pumpkin puree
- 1 tablespoon vegetable oil

0.3 cup sugar white

## Equipment

bowl

frying pan

whisk

## Directions

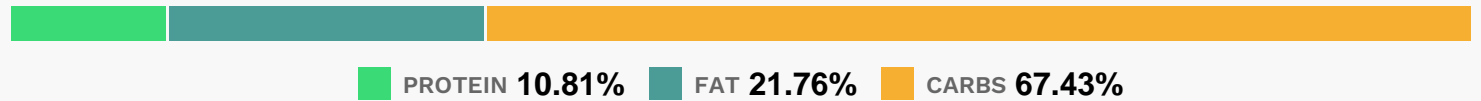
Sift flour, sugar, baking powder, cinnamon, and nutmeg together in a bowl.

Whisk milk, pumpkin, egg, and oil together in a bowl.

Pour milk mixture into flour mixture and stir until just moistened. Batter will be slightly lumpy.

Heat a lightly oiled griddle over medium-high heat to 350 degrees F (175 degrees C). Drop batter by large spoonfuls onto the griddle and cook until bubbles form and the edges are dry, 1 to 3 minutes. Flip and cook until browned on the other side, about 1 minute more. Repeat with remaining batter.

## Nutrition Facts



## Properties

Glycemic Index:43.76, Glycemic Load:15.95, Inflammation Score:-9, Nutrition Score:7.5317391753197%

## Nutrients (% of daily need)

Calories: 142.72kcal (7.14%), Fat: 3.48g (5.35%), Saturated Fat: 1.07g (6.67%), Carbohydrates: 24.24g (8.08%), Net Carbohydrates: 23.19g (8.43%), Sugar: 8.3g (9.23%), Cholesterol: 24.12mg (8.04%), Sodium: 126.64mg (5.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.89g (7.78%), Vitamin A: 2462.63IU (49.25%), Selenium: 8.99µg (12.85%), Vitamin B1: 0.18mg (11.77%), Calcium: 107.7mg (10.77%), Vitamin B2: 0.17mg (10.19%), Folate: 40.22µg (10.05%), Manganese: 0.18mg (9.14%), Phosphorus: 90.27mg (9.03%), Iron: 1.34mg (7.45%), Vitamin B3: 1.25mg (6.24%), Vitamin K: 5.78µg (5.51%), Fiber: 1.05g (4.21%), Vitamin B12: 0.21µg (3.56%), Vitamin B5: 0.35mg (3.45%), Magnesium: 12.6mg (3.15%), Potassium: 106.86mg (3.05%), Vitamin D: 0.45µg (2.97%), Vitamin E: 0.39mg (2.59%), Copper: 0.05mg (2.52%), Zinc: 0.36mg (2.42%), Vitamin B6: 0.05mg (2.27%)