



Souffled Pumpkin Pancake

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



343 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 5 tablespoons butter
- ☐ 0.7 cup buttermilk
- ☐ 4 eggs separated
- ☐ 0.7 cup flour all-purpose
- ☐ 6 servings maple syrup for serving
- ☐ 0.3 cup pecan halves
- ☐ 1 teaspoon pumpkin pie spice

- ☐ 1 cup pumpkin puree
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 1.3 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Melt 2 tablespoons butter in a 10-inch skillet over medium-low heat.
- ☐ Add the brown sugar and stir until the sugar begins to melt.
- ☐ Add the pecans and cook for 2 more minutes.
- ☐ Transfer the pecan mixture to a small dish and set aside. Reserve the skillet for the pancake.
- ☐ In a small bowl mix together the flour, pumpkin pie spice, sugar and salt. Set aside.
- ☐ Melt the remaining 3 tablespoons of butter. In a large bowl, add egg yolks, buttermilk, vanilla and melted butter and whisk until blended. Gradually whisk in flour mixture. Stir in the pumpkin puree.
- ☐ Beat the egg whites until soft peaks form and gently fold into the pumpkin mixture. Gently spoon the batter into the reserved skillet.
- ☐ Sprinkle the top of the pancake mixture with the reserved pecan mixture.
- ☐ Bake for 20 to 30 minutes or until golden brown.
- ☐ Dust the pancake with confectioners' sugar.
- ☐ Cut into wedges and serve with maple syrup.

Nutrition Facts



Properties

Glycemic Index:45.43, Glycemic Load:20.77, Inflammation Score:-10, Nutrition Score:14.699130410733%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg

Nutrients (% of daily need)

Calories: 342.99kcal (17.15%), Fat: 16.43g (25.28%), Saturated Fat: 7.78g (48.62%), Carbohydrates: 42.84g (14.28%), Net Carbohydrates: 40.83g (14.85%), Sugar: 28.11g (31.23%), Cholesterol: 137.14mg (45.71%), Sodium: 246.6mg (10.72%), Alcohol: 0.29g (100%), Alcohol %: 0.23% (100%), Protein: 6.94g (13.87%), Vitamin A: 6852.02IU (137.04%), Manganese: 0.87mg (43.36%), Vitamin B2: 0.54mg (31.6%), Selenium: 15.26µg (21.8%), Phosphorus: 124.79mg (12.48%), Vitamin B1: 0.18mg (12.31%), Folate: 46.79µg (11.7%), Iron: 1.95mg (10.83%), Calcium: 91.48mg (9.15%), Vitamin B5: 0.83mg (8.27%), Fiber: 2g (8.02%), Vitamin K: 7.8µg (7.43%), Vitamin E: 1.1mg (7.35%), Copper: 0.14mg (7.25%), Magnesium: 28.79mg (7.2%), Potassium: 246.52mg (7.04%), Vitamin B12: 0.4µg (6.73%), Zinc: 0.99mg (6.63%), Vitamin D: 0.93µg (6.22%), Vitamin B3: 1.1mg (5.49%), Vitamin B6: 0.1mg (4.99%), Vitamin C: 1.84mg (2.23%)