



## Spice Pancakes with Fresh Lemon Sauce

READY IN



45 min.

SERVINGS



6

CALORIES



264 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 teaspoon double-acting baking powder
- 1 teaspoon baking soda
- 3 tablespoons butter at room temperature
- 1.8 cups buttermilk
- 2 teaspoons blackstrap molasses dark
- 3 large eggs separated
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves

- 2 teaspoons ground ginger
- 0.5 teaspoon nutmeg
- 6 servings optional: lemon fresh
- 0.5 teaspoon salt
- 1 tablespoon sugar

## Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender

## Directions

- In a deep bowl with mixer on high speed, whip egg whites until they hold distinct moist peaks.
- In another large bowl (with unwashed beaters), beat egg yolks, buttermilk, 3 tablespoons butter, sugar, and molasses until blended.
- Add flour, ginger, baking soda, baking powder, cinnamon, nutmeg, salt, and cloves. Beat until smooth.
- Add whipped whites to batter; fold gently to blend.
- On a buttered nonstick griddle or 12-inch nonstick frying pan over medium-high heat, pour batter in 1/4-cup portions, spacing so pancakes don't touch. Cook until tops are full of bubbles, 2 to 3 minutes. Turn over and cook until bottoms are golden brown, 1 to 2 minutes. Repeat to cook remaining batter. As pancakes are cooked, stack on plates, or arrange slightly overlapping on baking sheets and keep warm in a 150 oven.
- Serve with warm lemon sauce. If desired, garnish with thin lemon slices and leaves.

## Nutrition Facts



PROTEIN 13.4%  FAT 36.69%  CARBS 49.91%

## Properties

Glycemic Index:68.77, Glycemic Load:20.8, Inflammation Score:-5, Nutrition Score:11.16521726743%

## Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 264.24kcal (13.21%), Fat: 10.77g (16.57%), Saturated Fat: 3.4g (21.24%), Carbohydrates: 32.96g (10.99%), Net Carbohydrates: 31.59g (11.49%), Sugar: 7.59g (8.43%), Cholesterol: 100.7mg (33.57%), Sodium: 623.99mg (27.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.85g (17.71%), Selenium: 21.71µg (31.01%), Manganese: 0.6mg (29.83%), Vitamin B2: 0.4mg (23.23%), Vitamin B1: 0.29mg (19.58%), Folate: 73.53µg (18.38%), Phosphorus: 162.59mg (16.26%), Calcium: 152.14mg (15.21%), Iron: 2.31mg (12.84%), Vitamin B3: 2.03mg (10.15%), Vitamin A: 503.92IU (10.08%), Vitamin D: 1.41µg (9.4%), Vitamin B12: 0.55µg (9.19%), Vitamin B5: 0.83mg (8.29%), Magnesium: 25.62mg (6.41%), Potassium: 220.99mg (6.31%), Zinc: 0.85mg (5.7%), Fiber: 1.38g (5.5%), Vitamin B6: 0.11mg (5.43%), Copper: 0.1mg (5.06%), Vitamin C: 3.75mg (4.54%), Vitamin E: 0.57mg (3.82%)