



## Spiced Pumpkin-Pecan Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



10

CALORIES



272 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2.5 teaspoons double-acting baking powder
- 10 servings butter for serving
- 0.3 cup t brown sugar dark packed
- 2 large eggs
- 1.5 cups flour all-purpose
- 1.5 teaspoons ground cinnamon
- 0.1 teaspoon ground cloves
- 0.5 teaspoon ground ginger

- 10 servings maple syrup for serving
- 0.5 teaspoon nutmeg freshly grated
- 0.5 cup pecans toasted coarsely chopped
- 0.5 cup pumpkin puree (not pie filling)
- 0.8 teaspoon salt fine
- 1 teaspoon vanilla extract
- 3 teaspoons vegetable oil
- 1.3 cups milk whole

## Equipment

- bowl
- frying pan
- baking sheet
- ladle
- oven
- whisk
- spatula

## Directions

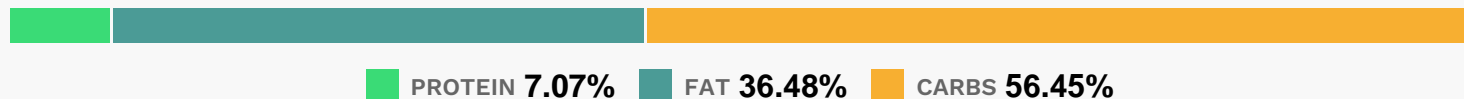
- Heat the oven to 200°F and place a baking sheet on one of the racks.
- Whisk together the flour, sugar, baking powder, cinnamon, salt, ginger, nutmeg, and cloves in a medium bowl until evenly combined; set aside.
- Whisk the milk, pumpkin, butter, eggs, and vanilla in a large bowl until evenly combined.
- Add the flour mixture and pecans and stir until just mixed and moistened (the batter will be lumpy), about 30 strokes. Set the batter aside to rest while the pan or griddle heats.
- Heat a large, seasoned cast iron skillet, nonstick frying pan, or griddle over medium heat. Test to see if the pan is hot enough by sprinkling a couple of drops of cold water in it: If the water bounces and sputters, the pan is ready to use; if it evaporates instantly, the pan is too hot. Once the pan is ready, add 1 teaspoon of the oil and tilt the pan to coat. Ladle the batter into the pan in 1/3-cup portions. Cook until golden brown on the bottom, about 3 to 5

minutes. Using a flat spatula, flip the pancakes and cook until the second side is golden brown, about 2 to 3 minutes more.

Remove to the baking sheet in the oven to keep warm. Repeat with the remaining batter, adding 1 teaspoon of oil to the pan between batches.

Serve immediately with butter and maple syrup.

## Nutrition Facts



## Properties

Glycemic Index:37.65, Glycemic Load:16.11, Inflammation Score:-8, Nutrition Score:10.907826037511%

## Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg

## Nutrients (% of daily need)

Calories: 272.22kcal (13.61%), Fat: 11.16g (17.17%), Saturated Fat: 4.04g (25.25%), Carbohydrates: 38.86g (12.95%), Net Carbohydrates: 37.32g (13.57%), Sugar: 21.35g (23.72%), Cholesterol: 51.61mg (17.2%), Sodium: 343.37mg (14.93%), Alcohol: 0.14g (100%), Alcohol %: 0.16% (100%), Protein: 4.87g (9.73%), Manganese: 0.94mg (47.14%), Vitamin A: 2138.66IU (42.77%), Vitamin B2: 0.45mg (26.47%), Selenium: 10.45µg (14.93%), Vitamin B1: 0.22mg (14.52%), Calcium: 144.04mg (14.4%), Phosphorus: 112.88mg (11.29%), Folate: 41.91µg (10.48%), Iron: 1.58mg (8.77%), Vitamin B3: 1.29mg (6.46%), Fiber: 1.54g (6.17%), Magnesium: 23.72mg (5.93%), Copper: 0.11mg (5.68%), Potassium: 185.14mg (5.29%), Zinc: 0.79mg (5.27%), Vitamin K: 5.27µg (5.02%), Vitamin B5: 0.46mg (4.58%), Vitamin B12: 0.26µg (4.37%), Vitamin E: 0.57mg (3.77%), Vitamin D: 0.54µg (3.57%), Vitamin B6: 0.07mg (3.29%)