



Spicy Pumpkin Pancakes



Gluten Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



357 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup maple syrup
- ☐ 1 tablespoon butter
- ☐ 0.3 cup pecans chopped
- ☐ 0.3 cup pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 1.3 cups milk
- ☐ 0.3 cup vegetable oil
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon pumpkin pie spice

- ☐ 2 eggs
- ☐ 2.3 cups frangelico

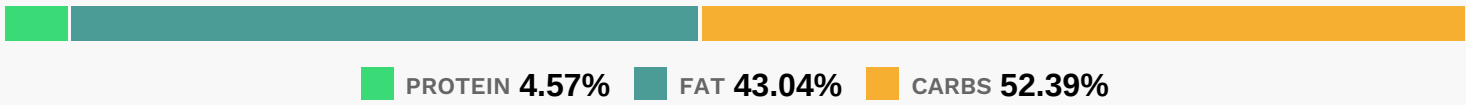
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ In 1-quart saucepan, heat syrup and butter until butter is melted, stirring constantly.
- ☐ Remove from heat; stir in pecans.
- ☐ Heat griddle or skillet over medium heat or to 375°F. Grease griddle with vegetable oil if necessary. In medium bowl, stir all pancake ingredients until well blended. For each pancake, pour slightly less than 1/4 cup batter onto hot griddle.
- ☐ Cook until edges are dry. Turn; cook other sides until golden brown.
- ☐ Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:25.77, Glycemic Load:16.91, Inflammation Score:-7, Nutrition Score:12.364347869935%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg, Delphinidin: 0.33mg Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg, Catechin: 0.33mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg

Nutrients (% of daily need)

Calories: 356.97kcal (17.85%), Fat: 17.33g (26.66%), Saturated Fat: 3.49g (21.82%), Carbohydrates: 47.47g (15.82%), Net Carbohydrates: 45.74g (16.63%), Sugar: 38.85g (43.17%), Cholesterol: 60.66mg (20.22%), Sodium: 98.39mg

(4.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.14g (8.27%), Manganese: 1.56mg (77.9%), Vitamin B2: 0.84mg (49.67%), Vitamin A: 1493.13IU (29.86%), Vitamin K: 17.15µg (16.34%), Calcium: 140.98mg (14.1%), Phosphorus: 100.64mg (10.06%), Selenium: 5.86µg (8.37%), Potassium: 259.83mg (7.42%), Vitamin E: 1.06mg (7.1%), Fiber: 1.73g (6.92%), Magnesium: 27.55mg (6.89%), Vitamin B1: 0.1mg (6.85%), Zinc: 1.03mg (6.85%), Vitamin B12: 0.41µg (6.79%), Vitamin B5: 0.63mg (6.26%), Vitamin D: 0.85µg (5.68%), Vitamin B6: 0.09mg (4.54%), Copper: 0.08mg (3.88%), Iron: 0.66mg (3.66%), Folate: 13.25µg (3.31%), Vitamin B3: 0.23mg (1.13%)