



Spider Web Pumpkin Pancakes

READY IN



60 min.

SERVINGS



8

CALORIES



394 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 15 oz pumpkin pie filling/mix canned (not pumpkin pie mix)
- ☐ 2 eggs slightly beaten
- ☐ 2 cups flour all-purpose gold medal®
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup maple syrup
- ☐ 0.8 cup milk
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla

☐ 0.3 cup vegetable oil

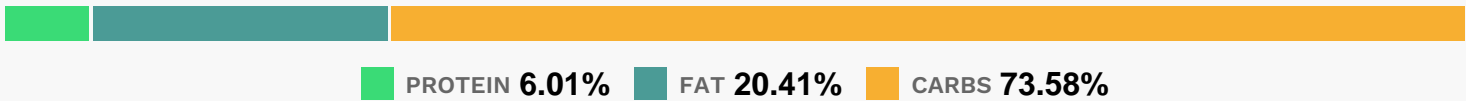
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ In large bowl, mix eggs, sugar, milk, oil and vanilla until well blended. Stir in remaining ingredients except syrup just until mixed.
- ☐ Line 1-quart pitcher or bowl with gallon-size resealable food-storage plastic bag.
- ☐ Pour batter into bag; seal bag, pressing out air.
- ☐ Heat large nonstick electric griddle to 375°F or heat 12-inch nonstick skillet over medium heat.
- ☐ Grease hot griddle with oil.
- ☐ Cut 1/4-inch hole in one bottom corner of bag. For each pancake, gently squeeze bag to pipe about 2 tablespoons batter onto hot griddle in 4-inch spider web shape. Cook 1 to 2 minutes or until pancakes are puffed and dry around edges. Turn pancakes; cook about 1 minute longer or until other side is golden brown.
- ☐ Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:39.57, Glycemic Load:32.18, Inflammation Score:-10, Nutrition Score:17.869130373001%

Nutrients (% of daily need)

Calories: 394.03kcal (19.7%), Fat: 8.99g (13.83%), Saturated Fat: 1.89g (11.83%), Carbohydrates: 72.91g (24.3%), Net Carbohydrates: 67.52g (24.55%), Sugar: 31.65g (35.17%), Cholesterol: 43.67mg (14.55%), Sodium: 245.26mg (10.66%), Alcohol: 0.17g (100%), Alcohol %: 0.13% (100%), Protein: 5.95g (11.91%), Vitamin A: 4508.03IU (90.16%), Manganese: 1.4mg (70.06%), Vitamin B2: 0.81mg (47.76%), Fiber: 5.39g (21.56%), Selenium: 15.04µg (21.48%), Folate: 80.98µg (20.24%), Vitamin B1: 0.3mg (19.85%), Calcium: 163.91mg (16.39%), Iron: 2.39mg (13.26%),

Phosphorus: 124.65mg (12.47%), Vitamin K: 12.8µg (12.19%), Vitamin B3: 2.11mg (10.57%), Vitamin B5: 1mg (9.96%), Potassium: 248.99mg (7.11%), Magnesium: 28.38mg (7.09%), Vitamin B6: 0.13mg (6.57%), Zinc: 0.89mg (5.9%), Vitamin E: 0.71mg (4.72%), Copper: 0.09mg (4.55%), Vitamin B12: 0.22µg (3.69%), Vitamin D: 0.47µg (3.14%), Vitamin C: 1.87mg (2.27%)