



Spiderweb Pumpkin Pancakes

READY IN



60 min.

SERVINGS



8

CALORIES



394 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

1 cup maple syrup

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.

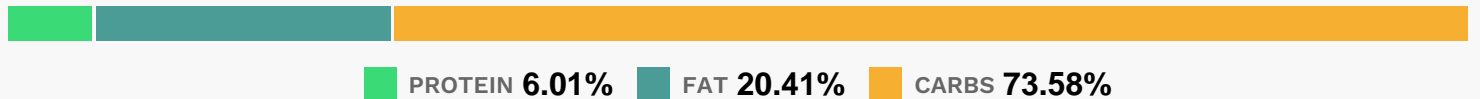
Heat large nonstick electric griddle to 375°F or heat 12-inch nonstick skillet over medium heat.

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%)