



Sweet Potato and Pecan Flapjacks

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



248 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 tablespoons brown sugar
- ☐ 1 tablespoon canola oil
- ☐ 2 large egg whites lightly beaten
- ☐ 2 large egg yolk
- ☐ 1 cup skim milk fat-free
- ☐ 5.5 ounces flour all-purpose
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sweet potatoes and into cooked mashed
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 tablespoons cornmeal yellow

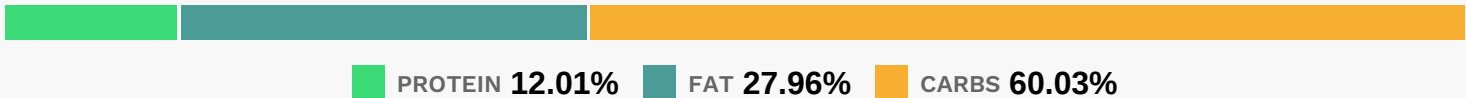
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ measuring cup

Directions

- ☐ Lightly spoon all-purpose flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 5 ingredients (through cinnamon) in a large bowl, stirring with a whisk.
- ☐ Combine milk, sweet potato, sugar, oil, vanilla, and egg yolks, stirring until smooth; add to flour mixture, stirring just until combined. Beat egg whites with a mixer at high speed until soft peaks form; fold egg whites into batter.
- ☐ Let batter stand 10 minutes.
- ☐ Heat a nonstick griddle or nonstick skillet over medium-high heat. Coat griddle or pan with cooking spray. Spoon about 1/4 cup batter per pancake onto griddle or pan. Cook 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over, and cook 2 minutes or until bottoms are lightly browned.

Nutrition Facts



Properties

Glycemic Index:56.96, Glycemic Load:19.75, Inflammation Score:-9, Nutrition Score:12.581304464651%

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 Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 247.59kcal (12.38%), Fat: 7.72g (11.87%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 37.28g (12.43%), Net Carbohydrates: 34.92g (12.7%), Sugar: 9.29g (10.33%), Cholesterol: 62.42mg (20.81%), Sodium: 387.48mg (16.85%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 7.46g (14.91%), Vitamin A: 3312.83IU (66.26%), Manganese: 0.51mg (25.54%), Selenium: 15.69µg (22.41%), Vitamin B1: 0.3mg (19.97%), Vitamin B2: 0.28mg (16.74%), Calcium: 161.16mg (16.12%), Phosphorus: 159.34mg (15.93%), Folate: 62.29µg (15.57%), Iron: 1.97mg (10.97%), Vitamin B3: 1.91mg (9.53%), Fiber: 2.36g (9.46%), Copper: 0.15mg (7.46%), Magnesium: 29.54mg (7.39%), Vitamin B6: 0.14mg (7.18%), Vitamin B5: 0.7mg (7.05%), Potassium: 239.03mg (6.83%), Zinc: 0.93mg (6.22%), Vitamin B12: 0.36µg (5.95%), Vitamin D: 0.76µg (5.03%), Vitamin E: 0.71mg (4.76%), Vitamin K: 2.4µg (2.29%)