



Sweet Potato Pancakes



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



14

CALORIES



86 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 tablespoon brown sugar



1 cup buttermilk



2 large eggs



0.3 teaspoon ground cinnamon



14 servings maple syrup



1 cup sweet potatoes and into cooked mashed



2 cups frangelico



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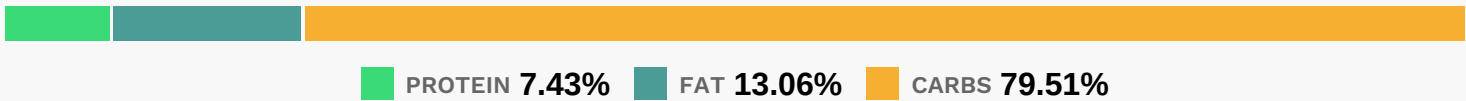
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In medium bowl, stir Bisquick mix, buttermilk, sweet potatoes, eggs, cinnamon and sugar with wire whisk or fork until blended.
- ☐ Brush griddle or nonstick skillet with vegetable oil; heat griddle to 350F, or heat skillet over medium-low heat.
- ☐ 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:9.32, Glycemic Load:6.12, Inflammation Score:-7, Nutrition Score:4.7852174814629%

Nutrients (% of daily need)

Calories: 86.36kcal (4.32%), Fat: 1.25g (1.93%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 17.15g (5.72%), Net Carbohydrates: 16.84g (6.12%), Sugar: 14.08g (15.64%), Cholesterol: 28.46mg (9.49%), Sodium: 35.41mg (1.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Vitamin A: 1414.73IU (28.29%), Manganese: 0.49mg (24.7%), Vitamin B2: 0.32mg (18.94%), Calcium: 49.43mg (4.94%), Selenium: 2.9µg (4.14%), Phosphorus: 33.24mg (3.32%), Potassium: 111.31mg (3.18%), Vitamin B5: 0.25mg (2.52%), Vitamin D: 0.37µg (2.44%), Vitamin B12: 0.14µg (2.37%), Magnesium: 9.24mg (2.31%), Zinc: 0.33mg (2.18%), Vitamin B1: 0.03mg (2.1%), Vitamin B6: 0.04mg (1.93%), Folate: 5.27µg (1.32%), Iron: 0.22mg (1.22%), Fiber: 0.3g (1.22%), Copper: 0.02mg (1.21%)