



Sweet Potato Pancakes



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



14

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup buttermilk
- ☐ 1 cup rum cooked mashed
- ☐ 2 large eggs
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon brown sugar
- ☐ 1 serving maple syrup
- ☐ 2 cups frangelico

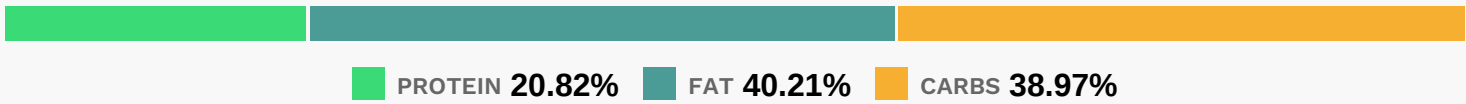
Equipment

- ☐ 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 350°F, 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:6.25, Glycemic Load:0.61, Inflammation Score:-1, Nutrition Score:1.4265217483044%

Nutrients (% of daily need)

Calories: 67.65kcal (3.38%), Fat: 1.25g (1.92%), Saturated Fat: 0.55g (3.43%), Carbohydrates: 2.72g (0.91%), Net Carbohydrates: 2.7g (0.98%), Sugar: 2.55g (2.83%), Cholesterol: 28.46mg (9.49%), Sodium: 28.69mg (1.25%), Alcohol: 5.73g (100%), Alcohol %: 16.59% (100%), Protein: 1.45g (2.91%), Vitamin B2: 0.08mg (4.76%), Selenium: 2.84µg (4.06%), Phosphorus: 29.46mg (2.95%), Calcium: 26.34mg (2.63%), Vitamin D: 0.37µg (2.44%), Vitamin B12: 0.14µg (2.37%), Manganese: 0.05mg (2.27%), Vitamin B5: 0.18mg (1.76%), Vitamin A: 66.96IU (1.34%), Zinc: 0.18mg (1.17%), Potassium: 37.85mg (1.08%), Folate: 4.22µg (1.06%)