



Sweet-Potato Pancakes with Honey-Cinnamon Butter

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



249 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup buttermilk plus more if necessary
- ☐ 2 large eggs
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 small pinch nutmeg
- ☐ 1.5 teaspoons honey
- ☐ 1 cup pancake mix store-bought
- ☐ 1.5 cups sweet potatoes and into boiled peeled mashed

- ☐ 0.3 cup butter unsalted at room temperature
- ☐ 2.5 tablespoons vegetable oil

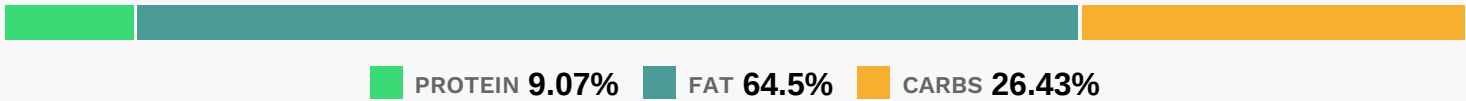
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Beat together the butter, honey, and cinnamon until smooth.
- ☐ Transfer to the refrigerator until ready to use.
- ☐ In a large bowl, whisk together the eggs, buttermilk, and oil. Stir in the pancake mix and nutmeg until just combined. Fold in the sweet potato. If the batter seems too thick, add more buttermilk until it reaches the desired consistency (it should be thick but still pourable).
- ☐ Place a large, greased griddle or pan over medium-high heat. Working in batches, spoon the batter onto it and cook until the surface of the pancake is covered with bubbles, 2 to 3 minutes. Flip and cook the other side until golden, 1 to 2 minutes more.
- ☐ Serve, topped with the honey-cinnamon butter and a little maple syrup.

Nutrition Facts



Properties

Glycemic Index:36.05, Glycemic Load:4.69, Inflammation Score:-10, Nutrition Score:10.992173894592%

Flavonoids

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

Nutrients (% of daily need)

Calories: 248.67kcal (12.43%), Fat: 17.99g (27.68%), Saturated Fat: 7.5g (46.86%), Carbohydrates: 16.59g (5.53%), Net Carbohydrates: 15.12g (5.5%), Sugar: 4.89g (5.44%), Cholesterol: 102.12mg (34.04%), Sodium: 194.51mg (8.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.39%), Vitamin A: 5164IU (103.28%),

Phosphorus: 153.17mg (15.32%), Vitamin B2: 0.24mg (13.92%), Selenium: 9.03µg (12.9%), Calcium: 114.99mg (11.5%), Vitamin K: 11.86µg (11.3%), Vitamin B5: 0.79mg (7.95%), Vitamin B12: 0.42µg (7.03%), Manganese: 0.14mg (6.81%), Vitamin B6: 0.14mg (6.8%), Potassium: 236.11mg (6.75%), Vitamin D: 1µg (6.63%), Vitamin E: 0.97mg (6.49%), Vitamin B1: 0.1mg (6.4%), Fiber: 1.47g (5.88%), Folate: 21.74µg (5.43%), Magnesium: 19.63mg (4.91%), Iron: 0.81mg (4.48%), Copper: 0.09mg (4.32%), Zinc: 0.65mg (4.31%), Vitamin B3: 0.51mg (2.55%), Vitamin C: 0.94mg (1.14%)