



Sweet Potato-Pecan Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



288 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 0.3 cup t brown sugar dark packed
- ☐ 2 large eggs lightly beaten
- ☐ 1 cup skim milk fat-free
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup pecans divided toasted chopped
- ☐ 1 teaspoon pumpkin pie spice
- ☐ 0.3 teaspoon salt

- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon vegetable oil
- ☐ 16 ounce sweet potatoes and into mashed drained canned ()

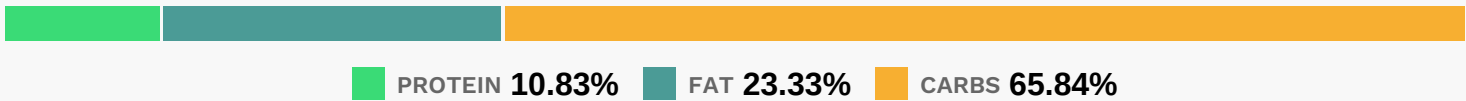
Equipment

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

Directions

- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, 2 tablespoons pecans, baking powder, pumpkin-pie spice, and salt in a large bowl.
- ☐ Combine milk and next 4 ingredients (milk through eggs); add to flour mixture, stirring until smooth. Stir in sweet potatoes.
- ☐ Spoon about 1/4 cup batter onto a hot nonstick griddle or large nonstick skillet. Turn pancakes when tops are covered with bubbles and edges look cooked.
- ☐ Sprinkle pancakes with 2 tablespoons pecans.

Nutrition Facts



Properties

Glycemic Index:44.71, Glycemic Load:22.95, Inflammation Score:-10, Nutrition Score:16.212173980215%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 287.63kcal (14.38%), Fat: 7.49g (11.52%), Saturated Fat: 1.24g (7.77%), Carbohydrates: 47.55g (15.85%), Net Carbohydrates: 44.09g (16.03%), Sugar: 14.54g (16.15%), Cholesterol: 63.22mg (21.08%), Sodium: 341.2mg (14.83%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 7.82g (15.65%), Vitamin A: 10901.9IU (218.04%), Manganese: 0.64mg (32.18%), Selenium: 15.53µg (22.19%), Vitamin B1: 0.32mg (21.56%), Calcium: 191.15mg (19.12%), Phosphorus: 186.59mg (18.66%), Vitamin B2: 0.31mg (18.32%), Folate: 65.79µg (16.45%), Fiber: 3.46g (13.84%), Iron: 2.37mg (13.19%), Vitamin B6: 0.24mg (11.81%), Vitamin B5: 1.17mg (11.72%), Potassium: 408.15mg (11.66%), Copper: 0.23mg (11.28%), Vitamin B3: 2.09mg (10.46%), Magnesium: 38.79mg (9.7%), Zinc: 1.03mg (6.84%), Vitamin B12: 0.39µg (6.42%), Vitamin K: 5.91µg (5.63%), Vitamin D: 0.78µg (5.22%), Vitamin E: 0.64mg (4.28%), Vitamin C: 1.94mg (2.35%)