



Sweet Potato-Pecan Pancakes

 Vegetarian

READY IN



12 min.

SERVINGS



12

CALORIES



140 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2.3 teaspoons double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 2 large eggs
- ☐ 1 cup skim milk fat-free
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup brown sugar light packed
- ☐ 2 tablespoons pecans toasted chopped
- ☐ 1.3 teaspoons pumpkin pie spice

- ☐ 0.5 teaspoon salt
- ☐ 1 medium sweet potatoes and into
- ☐ 1 teaspoon vanilla extract

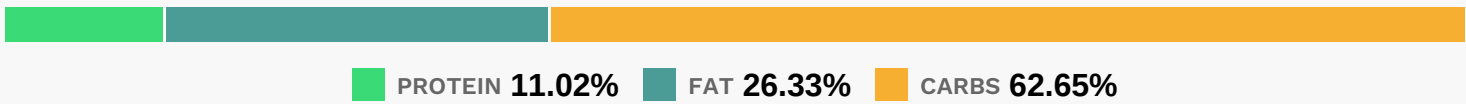
Equipment

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

Directions

- ☐ Prick sweet potato with a fork several times; microwave at HIGH 5 minutes or until tender. Allow potato to cool at least 10 minutes; peel and mash flesh with a fork, discarding peel. Set aside 3/4 cup mashed sweet potato, and reserve remaining potato for another use.
- ☐ Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour and next 3 ingredients in a large bowl. Stir in pecans.
- ☐ Combine 3/4 cup mashed sweet potato, milk, and next 4 ingredients in a small bowl, stirring until smooth.
- ☐ Add sweet potato mixture to flour mixture, stirring well.
- ☐ Working in batches, spoon 1/4 cup batter for each pancake onto a hot nonstick griddle or skillet. Cook 1 to 2 minutes on each side or until browned. Repeat with remaining batter.
- ☐ Note: Canned mashed sweet potato or pumpkin may be substituted for the cooked mashed sweet potato, if desired.

Nutrition Facts



Properties

Glycemic Index:26.52, Glycemic Load:11.03, Inflammation Score:-9, Nutrition Score:7.7099998852481%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Nutrients (% of daily need)

Calories: 139.66kcal (6.98%), Fat: 4.09g (6.29%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 21.89g (7.3%), Net Carbohydrates: 20.72g (7.53%), Sugar: 6.46g (7.18%), Cholesterol: 36.63mg (12.21%), Sodium: 223.7mg (9.73%), Alcohol: 0.1g (100%), Alcohol %: 0.2% (100%), Protein: 3.85g (7.7%), Vitamin A: 2818.32IU (56.37%), Manganese: 0.27mg (13.51%), Selenium: 8.54µg (12.2%), Vitamin B1: 0.16mg (10.9%), Vitamin B2: 0.16mg (9.24%), Calcium: 90.73mg (9.07%), Folate: 35.52µg (8.88%), Phosphorus: 86.13mg (8.61%), Iron: 1.19mg (6.59%), Vitamin B3: 1.09mg (5.45%), Fiber: 1.18g (4.72%), Vitamin B5: 0.44mg (4.43%), Copper: 0.08mg (4.04%), Potassium: 141.32mg (4.04%), Vitamin B6: 0.08mg (3.93%), Magnesium: 14.6mg (3.65%), Vitamin B12: 0.2µg (3.28%), Zinc: 0.45mg (3%), Vitamin D: 0.39µg (2.61%), Vitamin E: 0.23mg (1.52%)