



Vegan German Chocolate Pancakes with Coconut Pecan Maple Syrup



Dairy Free



Popular

READY IN



20 min.

SERVINGS



4

CALORIES



728 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon almond extract
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon baking soda
- ☐ 0.3 cup cocoa powder
- ☐ 1 cup sheets coconut or flaked for 3 minutes at 350°F or until golden brown; watch carefully! thin (I like to toast mine in a layer on a baking sheet)
- ☐ 1 tablespoon coconut creamer (soy creamer would be tasty, too)

- ☐ 1.5 cups soymilk plain unsweetened for soy-free (can substitute almond, rice or coconut milk beverage)
- ☐ 0.5 cup real maple syrup
- ☐ 2 tablespoons pecans
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 cup flour whole wheat white all-purpose canned (this is what I keep on hand; you can substitute unbleached flour or half and half flour)

Equipment



- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to warm. In a medium bowl, whisk together flour, sugar, cocoa powder, baking powder and baking soda. Make a well in the center and pour in soymilk and both vanilla and almond extracts.
- ☐ Whisk just until combined; a few lumps are fine. Stir in coconut and pecans to evenly distribute. Spray a large well-seasoned cast-iron skillet with non-stick cooking spray, and heat over medium-high until sizzling. Cook 3 to 4 pancakes at a time using a scant 1/4-cup of batter for 2 to 3 minutes on the first side. Flip, and cook an additional couple of minutes or until done all the way through. Keep warm in the oven while you repeat with remaining batter. In a 1-quart saucepan over medium-high heat, simmer syrup for a few minutes or until slightly thickened and reduced. Reduce heat if necessary to keep from boiling. Stir in coconut creamer, coconut and pecan pieces, and heat through without allowing to boil.
- ☐ Serve immediately spooned over the German chocolate pancakes.

Nutrition Facts



 **PROTEIN 4.98%**  **FAT 52.26%**  **CARBS 42.76%**

Properties

Glycemic Index:52.15, Glycemic Load:19.15, Inflammation Score:-5, Nutrition Score:22.950869608023%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 10.6mg, Epicatechin: 10.6mg, Epicatechin: 10.6mg, Epicatechin: 10.6mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 727.53kcal (36.38%), Fat: 44.7g (68.77%), Saturated Fat: 36.05g (225.34%), Carbohydrates: 82.3g (27.43%), Net Carbohydrates: 66.83g (24.3%), Sugar: 44.24g (49.16%), Cholesterol: 0mg (0%), Sodium: 307.3mg (13.36%), Alcohol: 0.52g (100%), Alcohol %: 0.26% (100%), Caffeine: 12.36mg (4.12%), Protein: 9.58g (19.16%), Vitamin D: 44.25µg (295%), Manganese: 2.98mg (149.24%), Fiber: 15.48g (61.91%), Copper: 0.74mg (36.83%), Vitamin B2: 0.59mg (34.92%), Magnesium: 110mg (27.5%), Calcium: 244.26mg (24.43%), Phosphorus: 219.06mg (21.91%), Iron: 3.81mg (21.18%), Vitamin B12: 1.11µg (18.44%), Selenium: 11.98µg (17.11%), Potassium: 549.95mg (15.71%), Zinc: 2.29mg (15.25%), Vitamin B6: 0.19mg (9.73%), Vitamin B1: 0.1mg (6.63%), Vitamin B5: 0.53mg (5.31%), Folate: 16.99µg (4.25%), Vitamin B3: 0.57mg (2.86%), Vitamin E: 0.34mg (2.24%), Vitamin C: 0.94mg (1.14%)