



Vegan Pumpkin Pancakes

 Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



256 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1.5 cups vanilla almond milk
- ☐ 3 teaspoons double-acting baking powder
- ☐ 0.5 cup pumpkin canned
- ☐ 10 servings chocolate chips
- ☐ 0.3 cup coconut oil melted
- ☐ 10 servings coconut oil – any other oil
- ☐ 0.5 cup cranberries fresh chopped
- ☐ 10 servings dairy milk for non-vegans

- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 10 servings flour – pastry flour whole wheat
- ☐ 10 servings cinnamon – pumpkin pie spice
- ☐ 10 servings pumpkin – sweet potato puree canned mashed
- ☐ 1.5 teaspoons vanilla extract
- ☐ 2 tablespoons water
- ☐ 1.5 teaspoons sugar white
- ☐ 0.8 cup flour whole wheat

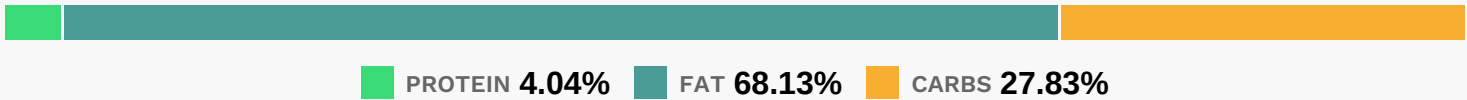
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl combine together the dry ingredients.In another small bowl stir together the wet ingredients except for water.Incorporate the wet mix into the dry mix.
- ☐ Add some more water/milk to get the desired consistency. I used 2 tablespoons of water. Stir in the chopped cranberries if using. Leave it aside for at least 5 minutes.Meanwhile heat a griddle/pan.When the pan is hot enough, scoop out 1/4th cup of batter and pour it on the pan. Wait until the batter is cooked and bubbles appear on the surface and then flip it over. Cook it for another 30 seconds the other side. Repeat it for rest of the batter.

Nutrition Facts



Properties

Glycemic Index:36.45, Glycemic Load:6.13, Inflammation Score:-8, Nutrition Score:7.7786955839914%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg, Delphinidin: 0.38mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 2.46mg, Peonidin: 2.46mg, Peonidin: 2.46mg Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 256.43kcal (12.82%), Fat: 20.54g (31.61%), Saturated Fat: 16.37g (102.3%), Carbohydrates: 18.88g (6.29%), Net Carbohydrates: 16.69g (6.07%), Sugar: 2.14g (2.37%), Cholesterol: 0mg (0%), Sodium: 178.65mg (7.77%), Alcohol: 0.21g (100%), Alcohol %: 0.25% (100%), Protein: 2.74g (5.49%), Vitamin A: 2109.24IU (42.18%), Manganese: 0.68mg (34.03%), Selenium: 9.54µg (13.63%), Calcium: 134.07mg (13.41%), Fiber: 2.18g (8.74%), Vitamin B1: 0.13mg (8.69%), Phosphorus: 78.74mg (7.87%), Iron: 1.33mg (7.4%), Folate: 23.7µg (5.92%), Vitamin B3: 1.17mg (5.86%), Magnesium: 20.97mg (5.24%), Vitamin B2: 0.08mg (4.44%), Copper: 0.08mg (3.97%), Vitamin B6: 0.06mg (3.2%), Vitamin K: 2.87µg (2.73%), Potassium: 92.57mg (2.64%), Zinc: 0.39mg (2.57%), Vitamin E: 0.35mg (2.31%), Vitamin C: 1.72mg (2.08%), Vitamin B5: 0.17mg (1.74%)