



## World Famous Fall Pumpkin Pancakes

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



5

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup curd cottage cheese
- 0.8 cup egg whites
- 0.5 teaspoon ground cinnamon
- 1 teaspoon honey
- 1 cup oats
- 1.5 teaspoons pumpkin pie spice
- 0.5 cup pumpkin puree
- 0.3 cup skim milk

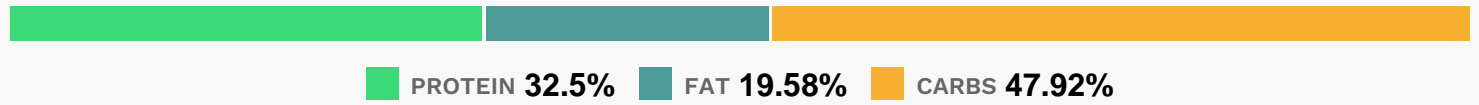
# Equipment

- bowl
- frying pan
- blender

# Directions

- Blend oats, cottage cheese, egg whites, pumpkin puree, milk, pumpkin pie spice, honey, and cinnamon in blender until batter is smooth; pour into a bowl.
- Heat a pan or skillet over medium heat; spray with cooking spray.
- Scoop batter, about 1/4 cup per pancake, into the hot pan; cook until bubbles form and the edges are dry, about 2 minutes. Flip pancakes and cook until browned on the other side, 1 to 2 minutes. Repeat with remaining batter.

# Nutrition Facts



# Properties

Glycemic Index:31.5, Glycemic Load:4.92, Inflammation Score:-10, Nutrition Score:11.333913129309%

# Nutrients (% of daily need)

Calories: 140.87kcal (7.04%), Fat: 3.08g (4.74%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 14.43g (5.25%), Sugar: 4.17g (4.63%), Cholesterol: 7.51mg (2.5%), Sodium: 200.42mg (8.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.02%), Vitamin A: 3898.88IU (77.98%), Manganese: 0.76mg (38.07%), Selenium: 16.47µg (23.52%), Vitamin B2: 0.28mg (16.72%), Phosphorus: 161.31mg (16.13%), Fiber: 2.55g (10.18%), Magnesium: 37.82mg (9.45%), Calcium: 74.56mg (7.46%), Iron: 1.23mg (6.83%), Potassium: 238.29mg (6.81%), Vitamin B1: 0.1mg (6.73%), Vitamin B5: 0.63mg (6.28%), Zinc: 0.89mg (5.91%), Copper: 0.11mg (5.73%), Vitamin B12: 0.28µg (4.74%), Vitamin K: 4.48µg (4.26%), Folate: 15.06µg (3.76%), Vitamin B6: 0.06mg (3.06%), Vitamin E: 0.38mg (2.52%), Vitamin B3: 0.38mg (1.92%), Vitamin C: 1.18mg (1.44%), Vitamin D: 0.18µg (1.18%)