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Spiced Pumpkin Pancakes ♦

Spiced pumpkin pancakes are a delicious and flavorful breakfast option. Made with pumpkin puree and warm spices like cinnamon, nutmeg, and ginger, these pancakes are perfect for cozy fall mornings. They can be enjoyed with maple syrup, whipped cream, or your favorite pancake toppings. Whether you're a pumpkin lover or just looking for a new pancake recipe to try, these spiced pumpkin pancakes are sure to be a hit.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Pumpkin Puree
200 g	all-purpose flour
250 ml	Milk
2 pieces	Eggs

50 g	sugar
2 tsp	baking powder
1 tsp	cinnamon
0.5 tsp	nutmeg
0.5 tsp	ginger
0.25 tsp	salt
2 tbsp	vegetable oil

Directions

Step 1

In a large mixing bowl, whisk together the pumpkin puree, milk, eggs, and vegetable oil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

In a separate bowl, combine the all-purpose flour, sugar, baking powder, cinnamon, nutmeg, ginger, and salt.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Stirring

Gradually add the dry ingredients to the wet ingredients, stirring until just combined. Be careful not to overmix.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Grilling

Heat a non-stick skillet or griddle over medium heat. Scoop 1/4 cup of batter onto the skillet for each pancake.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Grilling

Cook the pancakes for 2-3 minutes on each side, or until golden brown. Repeat with the remaining batter.

Prep Time: 0 mins

Cook Time: 10 mins

Step 6

Serving

Serve the spiced pumpkin pancakes warm with your favorite toppings.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 5 g

Protein: 5 g

Carbohydrates: 28 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	28 g	50.91%	56%
Fibers	2 g	5.26%	8%
Sugars	7 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	5 g	17.86%	20%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	250 mg	10.87%	10.87%
Calcium	10 mg	1%	1%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Fall

Events

Christmas

Meal Type

Breakfast

Brunch

Lunch

Snack

Nutritional Content

Low Calorie

Course

Side Dishes

Desserts

Breads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Diwali

Christmas

Easter

Halloween

Cost

Under \$10

Demographics

Teen Friendly

Diabetic Friendly

Difficulty Level

Easy

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