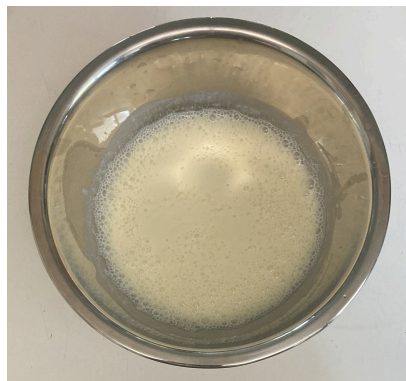


# Pumpkin Pancakes

Recipe group	Additional name	Diet factors	Portions	Portion size
Breakfast, American	Breakfast Recipes	VG, NF	12	13.23 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	6 cup		0%	3.00 lb	Non-Dairy Milk, Soy, unsweetened <i>vanilla</i>	For Buttermilk: In a medium bowl, stir ingredients in step 1 and allow to sit 10 minutes to curdle.
	6 tbsp		0%	0 lb 3.00 oz	Vinegar, Apple Cider	



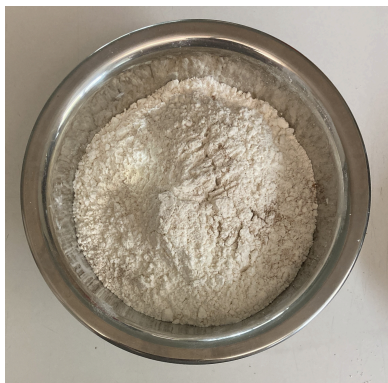
*Buttermilk.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	6 cup		37%	5 lb 2.29 oz	Pumpkin, canned	For Pancakes: Combine ingredients in step 2 and stir into "buttermilk."
	3/4 cup		0%	0 lb 5.68 oz	Oil, Canola	



*Add pumpkin to buttermilk.*

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	9 cup		0%	2 lb 9.40 oz	Flour, All-Purpose	Combine ingredients in step 3 and stir into pumpkin mixture. Leave batter slightly lumpy.
	3/4 cup		0%	0 lb 5.33 oz	Sugar, White, granulated	
	6 tbsp		0%	0 lb 2.59 oz	Baking Powder	
	3 tbsp		0%	0 lb 0.60 oz	Pumpkin Pie Spice	
	1 tbsp		0%	0 lb 0.29 oz	Salt, Kosher	



*Combine dry ingredients.*



*Batter should be lumpy.*

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4				On a greased flat top grill or large sauté pan, over medium heat, ladle batter into 4-inch circles and allow to cook 3-4 minutes per side until golden brown. Pancakes can be held hot in hotel pans until ready for service.



*Portion batter to cook.*



*Flip pancake and cook through.*

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5				For Service: Portion 3 pancakes onto a plate and serve with maple syrup and desired toppings.



*Final- Pumpkin Pancakes*

**RECIPE IMAGES**



*Pumpkin Pancakes*

**ALLERGENS**

-

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	9 lb 14.73 oz	0 %	9 lb 14.73 oz	0 %	9 lb 14.73 oz
Size of portion	13.23 oz		13.23 oz		13.23 oz

**ADDITIONAL INFO**

-

**MEMO**

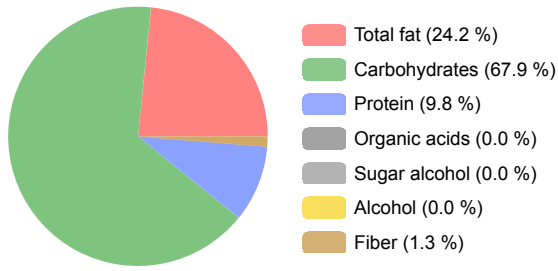
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**NUTRITION INFORMATION**

per portion

Energy nutritives		RDI	% of energy	Calories		Minerals			RDI	
					RDI					
Total fat	16.54 g	21 %	24.17 %	604.98 kcal	30 %	Salt	0.79 g			
				2,531.23 kJ		Salt	0.21 %		Vitamins	
Saturated	1.54 g	8 %	2.25 %			Sodium	317.38 mg	14 %	Vitamin A	521.91 µg 58 %
Monounsaturated	9.05 g		13.24 %			Phosphorus	617.93 mg	49 %	Vitamin D	1.36 µg 7 %
						Potassium	1,289.40 mg	27 %	Thiamine	0.35 mg 29 %
Polyunsaturated	5.36 g		7.83 %			Iron	3.45 mg	19 %	Riboflavin	0.42 mg 32 %
Trans fatty acids	0.05 g		0.08 %			Calcium	456.26 mg	35 %	Niacin	2.18 mg 14 %
Cholesterol	0.00 mg	0 %				Zinc	1.16 mg	11 %	Vitamin B6	0.17 mg 10 %
Linolenic acid	2.95 g		4.31 %			Magnesium	58.42 mg	14 %	Vitamin B12	1.26 µg 52 %
Alpha-linolenic acid	1,226.76 mg		1.79 %			Iodine	0.00 µg	0 %	Folate	0.00 µg 0 %
Total Carbohydrate	101.06 g	37 %	67.87 %			Selenium	33.75 µg	61 %	Vitamin C	11.35 mg 13 %
						Copper	0.40 mg	44 %	Vitamin E	3.73 mg 25 %
Sugars total	16.80 g	34 %							Vitamin K	11.62 µg 10 %
Added sugar	0.00 g	0 %	0.00 %						Others	
Lactose	0.00 g								Water	236.61 g
Fiber	4.16 g	15 %	1.32 %							
Organic acids	0.00 g		0.00 %							
Sugar alcohol	0.00 g		0.00 %							
Starch	0.00 g		0.00 %							
Protein	14.66 g	29 %	9.85 %							
Alcohol	0.00 g		0.00 %							

### PERCENTAGE OF ENERGY



### CO2



0.08 kg

#### Comparable values

Snacks	1.12 kg
Main courses	1.57 kg
Desserts	0.71 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.