

# Pumpkin Ricotta Pancake

Yield: 4 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-ricotta-pancake-recipe>

## Ingredients:

- 1 cup flour
- 2 tablespoons brown sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon canela
- 1/4 teaspoon nutmeg
- 1/8 teaspoon ground cloves
- 1/8 teaspoon ground ginger
- 1 large egg
- 1 cup milk
- 1/2 cup ricotta
- 1/4 cup pumpkin puree
- oil OR BUTTER FOR THE PAN
- honey
- butter

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 90 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 8 grams
8. Sodium: 620 milligrams
9. Sugar: 12 grams

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