



## Apple, Berries and Cheese Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



20

CALORIES



149 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 apples shredded peeled
- 3 cups poached berries mixed fresh halved (blueberries, raspberries and strawberries)
- 1.5 cups milk
- 2 cups complete pancake mix
- 1.5 cups pancake syrup
- 1 cup sharp cheddar cheese shredded kraft

### Equipment

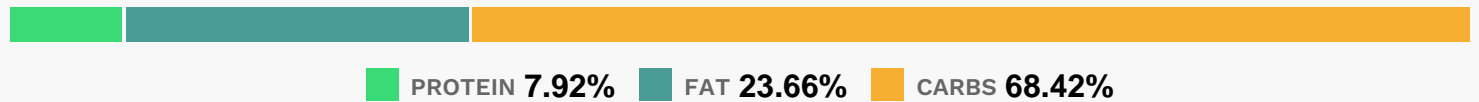
- bowl

- frying pan
- ladle
- whisk

## Directions

- Beat pancake mix and milk in large bowl with whisk until blended. Stir in cheese and apples.
- Heat large nonstick griddle or skillet sprayed with cooking spray on medium heat. Ladle batter onto griddle, using 1/3 cup batter for each pancake. Cook 2 min. or until bubbles form on tops, then turn to brown other sides.
- Serve pancakes topped with berries and syrup.

## Nutrition Facts



## Properties

Glycemic Index:4.85, Glycemic Load:0.69, Inflammation Score:-2, Nutrition Score:3.2682608780654%

## Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Petunidin: 4.22mg, Petunidin: 4.22mg, Petunidin: 4.22mg, Petunidin: 4.22mg Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg, Delphinidin: 5.02mg Malvidin: 11.54mg, Malvidin: 11.54mg, Malvidin: 11.54mg, Malvidin: 11.54mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg, Epicatechin: 0.69mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg, Luteolin: 0.43mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

## Nutrients (% of daily need)

Calories: 148.89kcal (7.44%), Fat: 4.05g (6.23%), Saturated Fat: 1.94g (12.15%), Carbohydrates: 26.35g (8.78%), Net Carbohydrates: 25.25g (9.18%), Sugar: 3.81g (4.23%), Cholesterol: 18.02mg (6.01%), Sodium: 133.03mg (5.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.1%), Calcium: 93.28mg (9.33%), Phosphorus: 90.97mg (9.1%), Vitamin B2: 0.1mg (6.1%), Selenium: 3.41µg (4.87%), Fiber: 1.09g (4.37%), Vitamin K: 4.2µg (4%), Manganese: 0.08mg (3.86%), Vitamin B12: 0.2µg (3.38%), Copper: 0.07mg (3.38%), Vitamin B1: 0.05mg (3.31%), Vitamin A: 148.78IU (2.98%), Zinc: 0.41mg (2.73%), Vitamin B6: 0.05mg (2.31%), Potassium: 80.67mg (2.3%), Magnesium:

8.67mg (2.17%), Vitamin B5: 0.2mg (1.98%), Folate: 7.77 $\mu$ g (1.94%), Vitamin B3: 0.32mg (1.58%), Vitamin D: 0.24 $\mu$ g (1.57%), Iron: 0.25mg (1.4%), Vitamin C: 1.08mg (1.31%), Vitamin E: 0.18mg (1.2%)