



## Apple Breakfast Wedges

 **Gluten Free**  **Dairy Free**

READY IN



**40 min.**

SERVINGS



**6**

CALORIES



**120 kcal**

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup brown sugar packed
- 0.3 teaspoon ground cinnamon
- 2 cups apples peeled thinly sliced
- 0.3 cup water
- 2 tablespoons butter
- 2 eggs
- 1 serving maple syrup
- 0.5 cup frangelico

## Equipment

- bowl
- sauce pan
- oven

## Directions

- Heat oven to 400°F. Generously grease 9-inch glass pie plate with shortening or cooking spray. In medium bowl, mix brown sugar and cinnamon.
- Add apples; toss to coat. Set aside.
- In 2-quart saucepan, heat water and butter to boiling. Reduce heat to low.
- Add Bisquick mix; stir vigorously until mixture forms a ball.
- Remove from heat. Beat in eggs, one at a time; continue beating until smooth.
- Spread batter in bottom of pie plate. Arrange apples on top to within 1 inch of edge of pie plate.
- Bake about 23 minutes or until puffed and edges are golden brown.
- Serve immediately.
- Drizzle with syrup.

## Nutrition Facts



## Properties

Glycemic Index:12.25, Glycemic Load:2.34, Inflammation Score:-2, Nutrition Score:2.7178260813589%

## Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

## **Nutrients (% of daily need)**

Calories: 120.23kcal (6.01%), Fat: 5.22g (8.04%), Saturated Fat: 1.25g (7.81%), Carbohydrates: 17.2g (5.73%), Net Carbohydrates: 16.16g (5.88%), Sugar: 15.28g (16.98%), Cholesterol: 54.56mg (18.19%), Sodium: 68.78mg (2.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.01g (4.03%), Vitamin B2: 0.12mg (7.17%), Selenium: 4.62µg (6.59%), Manganese: 0.12mg (5.79%), Vitamin A: 268.87IU (5.38%), Fiber: 1.04g (4.18%), Phosphorus: 35.12mg (3.51%), Vitamin B5: 0.27mg (2.67%), Vitamin E: 0.38mg (2.5%), Potassium: 86.83mg (2.48%), Calcium: 24.58mg (2.46%), Vitamin C: 1.93mg (2.34%), Vitamin B6: 0.05mg (2.32%), Vitamin B12: 0.14µg (2.25%), Iron: 0.38mg (2.12%), Folate: 8.29µg (2.07%), Vitamin D: 0.29µg (1.96%), Zinc: 0.23mg (1.57%), Copper: 0.03mg (1.43%), Magnesium: 5.69mg (1.42%), Vitamin B1: 0.02mg (1.04%)