



Apple Cinnamon Pancakes

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



410 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 eggs
- ☐ 2 apples i use 2 granny smith apples cored thinly sliced
- ☐ 1 tablespoon ground cinnamon
- ☐ 1.3 cups milk
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon vanilla
- ☐ 2 cups baking mix bisquick heart smart®

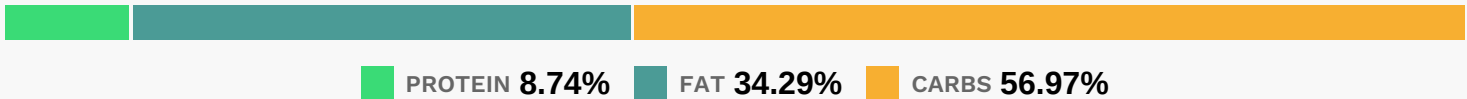
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat 10 to 12-inch nonstick skillet over medium heat. Grease if necessary. Meanwhile, in large bowl, combine Pancake ingredients, and stir well until most of the lumps are gone.
- ☐ Drop pancake batter onto skillet in 1/4-cup blobs, leaving space for spreading between each. Cook 3 to 4 minutes on each side, turning once, until lightly browned. Repeat to use up batter.
- ☐ Meanwhile, in small bowl, combine apples and sugar, stirring until well combined. In 10-inch nonstick skillet, melt butter; add apple mixture. Stir gently to coat apples with butter. Cover skillet; cook 5 to 7 minutes, stirring once or twice, until apples are softened.
- ☐ To serve, arrange pancakes on plates, and top with apples.
- ☐ Serve with maple syrup, if desired.

Nutrition Facts



Properties

Glycemic Index:48.77, Glycemic Load:6.8, Inflammation Score:-5, Nutrition Score:13.967826128006%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 410.07kcal (20.5%), Fat: 15.75g (24.24%), Saturated Fat: 5.97g (37.33%), Carbohydrates: 58.91g (19.64%), Net Carbohydrates: 54.4g (19.78%), Sugar: 23.33g (25.92%), Cholesterol: 58.79mg (19.6%), Sodium: 833.93mg (36.26%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Protein: 9.03g (18.07%), Phosphorus: 461.98mg (46.2%), Manganese: 0.59mg (29.69%), Vitamin B1: 0.41mg (27.22%), Vitamin B2: 0.44mg (26.17%), Calcium: 233.83mg (23.38%), Folate: 83.13µg (20.78%), Fiber: 4.51g (18.02%), Vitamin B3: 2.93mg (14.64%), Selenium: 9.44µg (13.49%), Vitamin B12: 0.75µg (12.49%), Iron: 2.13mg (11.85%), Vitamin B5: 1.05mg (10.5%), Potassium: 335.73mg (9.59%), Magnesium: 31.41mg (7.85%), Vitamin B6: 0.15mg (7.58%), Vitamin D: 1.06µg (7.06%), Vitamin K: 7.03µg (6.7%), Copper: 0.13mg (6.67%), Vitamin A: 327.83IU (6.56%), Zinc: 0.89mg (5.95%), Vitamin C: 4.44mg (5.38%), Vitamin E: 0.52mg (3.49%)