



Apple-Cinnamon Pancakes

READY IN



20 min.

SERVINGS



5

CALORIES



215 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup corn flakes/bran flakes
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup milk
- ☐ 0.7 cup apple sauce
- ☐ 3 tablespoons butter melted
- ☐ 2 teaspoons double-acting baking powder
- ☐ 0.3 teaspoon salt
- ☐ 1 eggs
- ☐ 1 serving maple syrup

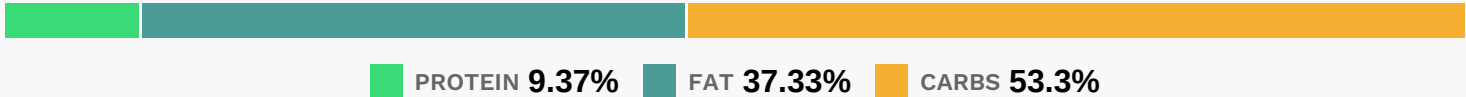
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags
- ☐ rolling pin

Directions

- ☐ Heat griddle or 12-inch skillet over medium-low heat or to 325°F.
- ☐ Place cereal in resealable food-storage plastic bag; seal bag. Using rolling pin, crush cereal; pour into large bowl. Stir in all remaining ingredients except syrup just until moistened.
- ☐ Onto hot griddle, pour batter by generous 1/4 cupfuls for each pancake. Cook 2 minutes or until edges look cooked and bubbles begin to break on surface. Turn pancakes; cook other side about 2 minutes longer or until golden brown.
- ☐ Serve with syrup.

Nutrition Facts



Properties

Glycemic Index:62.75, Glycemic Load:15.98, Inflammation Score:-6, Nutrition Score:10.924347777729%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 214.74kcal (10.74%), Fat: 9.15g (14.08%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 29.41g (9.8%), Net Carbohydrates: 27.08g (9.85%), Sugar: 8.78g (9.76%), Cholesterol: 37.13mg (12.38%), Sodium: 436.08mg (18.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Manganese: 0.52mg (25.89%), Folate: 92.87µg (23.22%), Vitamin B2: 0.36mg (21.12%), Selenium: 14.05µg (20.08%), Iron: 3.52mg (19.56%), Vitamin B1: 0.29mg (19.14%), Calcium: 158.55mg (15.85%), Phosphorus: 149.17mg (14.92%), Vitamin B3: 2.52mg (12.6%), Vitamin A: 616.71IU (12.33%), Vitamin B12: 0.68µg (11.41%), Vitamin B6: 0.19mg (9.55%), Fiber: 2.33g (9.33%), Magnesium:

30.4mg (7.6%), Vitamin D: 0.84µg (5.62%), Zinc: 0.83mg (5.55%), Potassium: 166.69mg (4.76%), Vitamin B5: 0.44mg (4.43%), Copper: 0.08mg (4.14%), Vitamin E: 0.5mg (3.31%)