



Apple Crisp Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



13

CALORIES



80 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.3 cup flour all-purpose
- ☐ 0.3 cup oats
- ☐ 2 tablespoons butter cold
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 teaspoon nutmeg
- ☐ 1 cup apples i use 2 granny smith apples diced peeled ()
- ☐ 1 cup milk

- ☐ 2 eggs
- ☐ 1 serving powdered sugar
- ☐ 1 serving maple syrup
- ☐ 1 serving garnish: whipped cream sweetened
- ☐ 2 cups frangelico

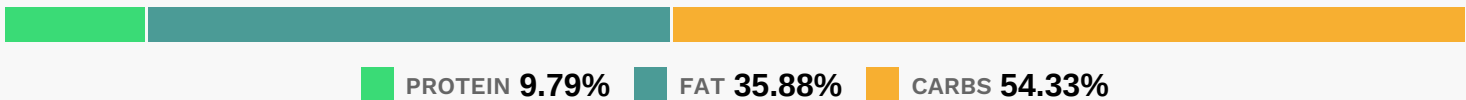
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ In medium bowl, mix brown sugar, flour, oats, cinnamon and nutmeg.
- ☐ Cut in butter using pastry blender or fork until mixture is crumbly. Set aside.
- ☐ In large bowl, stir all pancake ingredients until well blended.
- ☐ Heat nonstick griddle to 350°F. or 12-inch skillet over medium-high heat. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.)
- ☐ Brush lightly with vegetable oil or spray with cooking spray before heating to help prevent streusel from sticking to griddle.
- ☐ For each pancake, pour 1/4 cupful batter onto hot griddle.
- ☐ Sprinkle each pancake evenly with scant 2 tablespoons and Streusel mixture. Cook 2 to 3 minutes or until bubbly on top and dry around edges. Turn; cook other side until light golden brown around edges about 1 minute to 1 minute 30 seconds. Scrape off griddle between batches of pancakes if necessary.
- ☐ To serve, serve pancakes Streusel side up and top as desired using any of the toppings listed.

Nutrition Facts



Properties

Glycemic Index:32.81, Glycemic Load:3.03, Inflammation Score:-1, Nutrition Score:2.4552174003228%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg, Epicatechin: 0.72mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 80.12kcal (4.01%), Fat: 3.26g (5.01%), Saturated Fat: 1.77g (11.04%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.6g (3.85%), Sugar: 7.63g (8.48%), Cholesterol: 32.42mg (10.81%), Sodium: 32.17mg (1.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Manganese: 0.14mg (7.11%), Vitamin B2: 0.09mg (5.52%), Selenium: 3.87µg (5.52%), Phosphorus: 44.38mg (4.44%), Calcium: 35.57mg (3.56%), Vitamin B1: 0.04mg (2.91%), Vitamin B12: 0.17µg (2.78%), Vitamin A: 129.4IU (2.59%), Magnesium: 9.2mg (2.3%), Vitamin D: 0.34µg (2.29%), Folate: 8.52µg (2.13%), Vitamin B5: 0.21mg (2.11%), Iron: 0.35mg (1.97%), Fiber: 0.49g (1.96%), Potassium: 66.7mg (1.91%), Zinc: 0.25mg (1.69%), Vitamin B6: 0.03mg (1.58%), Vitamin E: 0.16mg (1.1%)