



Apple-Glazed Dessert Pancake

READY IN



45 min.

SERVINGS



8

CALORIES



200 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 pound rome apple sliced
- ☐ 0.5 cup apple juice
- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon cornstarch
- ☐ 2 large egg whites
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.3 teaspoon ground nutmeg

- ☐ 2 cups milk 1% low-fat divided
- ☐ 1 tablespoon butter
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar
- ☐ 2 teaspoons vanilla extract
- ☐ 0.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk

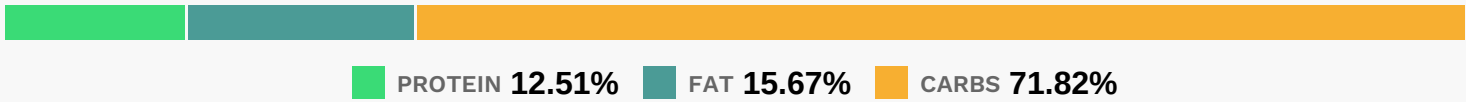
Directions

- ☐ Preheat oven to 42
- ☐ Melt margarine in a 10-inch cast-iron skillet over medium-high heat.
- ☐ Add apple; saut 3 minutes. Stir in brown sugar, cinnamon, and nutmeg; cook 2 minutes.
- ☐ Combine juice, water, and cornstarch in a small bowl. Stir well; add to skillet. Bring to a boil; cook 1 minute or until thick, stirring gently.
- ☐ Remove apple mixture from skillet; set aside, and keep warm. Wipe skillet clean with a paper towel.
- ☐ Place skillet in oven for 5 minutes.
- ☐ Combine flour and 1 cup milk in a large bowl; stir well with a whisk. Stir in 1 cup milk, vanilla, and next 4 ingredients (vanilla through egg whites); set aside. Coat skillet with cooking spray; pour batter into preheated skillet.
- ☐ Bake at 425 for 25 minutes or until puffy and brown around edges.
- ☐ Remove from oven; sprinkle with powdered sugar.
- ☐ Cut into wedges; top with apple mixture.

☐

Serve immediately.

Nutrition Facts



Properties

Glycemic Index:36.61, Glycemic Load:17.23, Inflammation Score:-4, Nutrition Score:6.8139130810033%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 5mg, Epicatechin: 5mg, Epicatechin: 5mg, Epicatechin: 5mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 199.9kcal (10%), Fat: 3.49g (5.38%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 36.03g (12.01%), Net Carbohydrates: 34.11g (12.4%), Sugar: 21.36g (23.73%), Cholesterol: 49.45mg (16.48%), Sodium: 146.16mg (6.35%), Alcohol: 0.34g (100%), Alcohol %: 0.23% (100%), Protein: 6.28g (12.55%), Selenium: 12.13µg (17.32%), Vitamin B2: 0.27mg (16.12%), Vitamin B1: 0.18mg (11.67%), Phosphorus: 111.76mg (11.18%), Folate: 37.77µg (9.44%), Calcium: 93.14mg (9.31%), Manganese: 0.18mg (9.13%), Vitamin B12: 0.48µg (8.01%), Fiber: 1.93g (7.71%), Potassium: 223mg (6.37%), Vitamin D: 0.9µg (5.99%), Iron: 1.07mg (5.96%), Vitamin A: 277.13IU (5.54%), Vitamin B3: 1.08mg (5.4%), Vitamin B5: 0.54mg (5.35%), Vitamin B6: 0.09mg (4.57%), Magnesium: 17.15mg (4.29%), Zinc: 0.56mg (3.74%), Vitamin C: 2.76mg (3.35%), Copper: 0.06mg (2.79%), Vitamin E: 0.31mg (2.1%), Vitamin K: 1.45µg (1.38%)