



Apple Oven-Baked Pancake

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



120 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons butter
- 1 eggs
- 0.8 cup complete seasoning (from 28.3-oz box)
- 0.5 cup milk
- 0.3 teaspoon vanilla
- 1 small apples very thinly sliced
- 1.5 teaspoons cinnamon
- 1 serving maple syrup

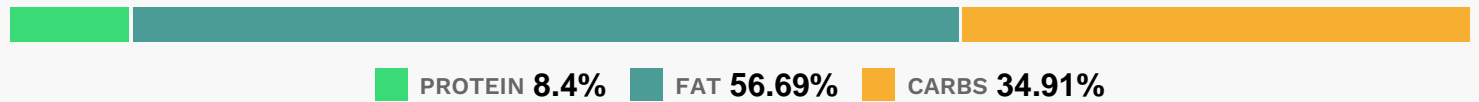
Equipment

- bowl
- oven
- whisk

Directions

- Heat oven to 400°F. While oven is heating, melt butter in 9-inch glass pie plate in oven.
- Meanwhile, in small bowl, beat egg with wire whisk or egg beater. Beat in pancake mix, milk and vanilla.
- Pour over melted butter in pie plate. Arrange apple slices on batter.
- Sprinkle with cinnamon-sugar.
- Bake 15 to 20 minutes or until edges are deep golden brown.
- Serve warm with maple syrup.

Nutrition Facts



Properties

Glycemic Index:27.88, Glycemic Load:3.14, Inflammation Score:-3, Nutrition Score:3.8456522044928%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

Nutrients (% of daily need)

Calories: 119.8kcal (5.99%), Fat: 7.73g (11.89%), Saturated Fat: 2.09g (13.09%), Carbohydrates: 10.71g (3.57%), Net Carbohydrates: 9.42g (3.43%), Sugar: 8.43g (9.36%), Cholesterol: 44.58mg (14.86%), Sodium: 4086.56mg

(177.68%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 2.58g (5.15%), Manganese: 0.26mg (13.2%), Vitamin B2: 0.17mg (9.92%), Vitamin A: 381.53IU (7.63%), Calcium: 61mg (6.1%), Phosphorus: 58.79mg (5.88%), Selenium: 3.98µg (5.69%), Fiber: 1.29g (5.17%), Vitamin B12: 0.27µg (4.49%), Vitamin D: 0.56µg (3.7%), Potassium: 118.58mg (3.39%), Vitamin B5: 0.31mg (3.14%), Vitamin E: 0.43mg (2.88%), Vitamin B6: 0.05mg (2.72%), Zinc: 0.33mg (2.21%), Magnesium: 8.58mg (2.15%), Vitamin C: 1.76mg (2.13%), Vitamin B1: 0.03mg (2.13%), Iron: 0.31mg (1.7%), Folate: 6.4µg (1.6%), Vitamin K: 1.18µg (1.12%), Copper: 0.02mg (1.05%)