



Apple Oven-Baked Pancake

READY IN



30 min.

SERVINGS



4

CALORIES



217 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 small apples very thinly sliced
- 2 tablespoons butter
- 1.5 teaspoons cinnamon sugar
- 1 eggs
- 4 servings maple syrup
- 0.5 cup milk
- 0.8 cup pancake mix (from 28.3-oz box)
- 0.3 teaspoon vanilla

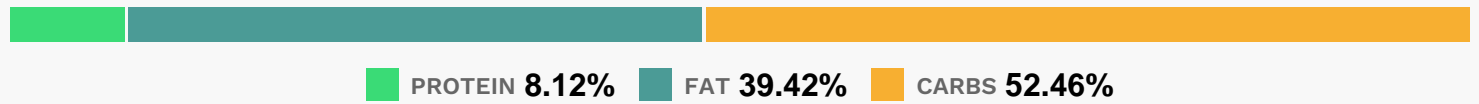
Equipment

- bowl
- oven
- whisk

Directions

- Heat oven to 400F. 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:44.15, Glycemic Load:7.87, Inflammation Score:-4, Nutrition Score:6.710434815158%

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: 217.36kcal (10.87%), Fat: 9.6g (14.77%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 28.75g (9.58%), Net Carbohydrates: 27.4g (9.96%), Sugar: 18.89g (20.99%), Cholesterol: 61.89mg (20.63%), Sodium: 218.52mg (9.5%),

Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 4.45g (8.9%), Manganese: 0.51mg (25.6%), Vitamin B2: 0.44mg (25.59%), Phosphorus: 134.6mg (13.46%), Calcium: 122.26mg (12.23%), Selenium: 6.35µg (9.08%), Vitamin A: 440.25IU (8.81%), Vitamin B1: 0.09mg (6.05%), Vitamin B12: 0.35µg (5.87%), Potassium: 197.63mg (5.65%), Fiber: 1.36g (5.43%), Vitamin B5: 0.43mg (4.34%), Magnesium: 16.65mg (4.16%), Zinc: 0.61mg (4.03%), Vitamin B6: 0.08mg (3.94%), Folate: 15.13µg (3.78%), Vitamin D: 0.56µg (3.7%), Iron: 0.58mg (3.21%), Vitamin E: 0.41mg (2.77%), Vitamin C: 1.87mg (2.27%), Vitamin B3: 0.39mg (1.97%), Copper: 0.03mg (1.5%)