



Apple Oven Pancake



Gluten Free



Popular

READY IN



55 min.

SERVINGS



8

CALORIES



183 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons butter
- ☐ 6 cups apples peeled thinly sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 2 teaspoons ground cinnamon
- ☐ 0.3 cup granulated sugar
- ☐ 1 cup buttermilk
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon vanilla

- ☐ 2 eggs
- ☐ 1 tablespoon cinnamon
- ☐ 1 serving maple syrup
- ☐ 1.5 cups frangelico

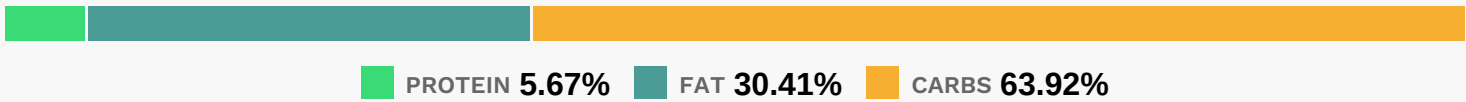
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 450°F. In oven, melt butter in 10-inch ovenproof or cast-iron skillet, about 2 minutes.
- ☐ Add apples, brown sugar and cinnamon; toss to coat apples. (Pan will be very hot.)
- ☐ Bake 2 minutes longer; stir.
- ☐ Bake 3 minutes longer; stir again. Reduce oven temperature to 400°F.
- ☐ In large bowl, beat Bisquick mix, granulated sugar, buttermilk, lemon juice, vanilla and eggs with whisk or fork until blended.
- ☐ Pour over apples.
- ☐ Bake 25 to 30 minutes or until golden brown.
- ☐ Sprinkle with cinnamon-sugar.
- ☐ Cut into wedges.
- ☐ Drizzle with syrup.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.45, Glycemic Load:8.87, Inflammation Score:-3, Nutrition Score:5.0299999713898%

Flavonoids

Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg, Cyanidin: 1.47mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg, Catechin: 1.22mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg, Epicatechin: 7.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg, Quercetin: 3.77mg

Nutrients (% of daily need)

Calories: 183.32kcal (9.17%), Fat: 6.47g (9.95%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 30.58g (10.19%), Net Carbohydrates: 27.53g (10.01%), Sugar: 25.8g (28.67%), Cholesterol: 44.22mg (14.74%), Sodium: 99.99mg (4.35%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 2.71g (5.43%), Manganese: 0.36mg (18.13%), Fiber: 3.05g (12.21%), Vitamin B2: 0.16mg (9.56%), Calcium: 71.55mg (7.16%), Vitamin A: 351.86IU (7.04%), Selenium: 4.66µg (6.65%), Vitamin C: 5.11mg (6.19%), Phosphorus: 60.22mg (6.02%), Potassium: 182.23mg (5.21%), Vitamin D: 0.61µg (4.07%), Vitamin B12: 0.24µg (4.02%), Vitamin B6: 0.07mg (3.73%), Vitamin B5: 0.36mg (3.61%), Vitamin E: 0.51mg (3.37%), Magnesium: 11.38mg (2.85%), Iron: 0.5mg (2.75%), Vitamin K: 2.65µg (2.53%), Folate: 10.07µg (2.52%), Copper: 0.05mg (2.51%), Vitamin B1: 0.04mg (2.5%), Zinc: 0.34mg (2.28%)