



Apple Pancakes

 Vegetarian

READY IN



27 min.

SERVINGS



20

CALORIES



133 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 2 large eggs at room temperature
- 1.8 cups flour all-purpose as needed plus more
- 20 servings warm maple syrup
- 1.3 cups milk at room temperature
- 0.1 teaspoon nutmeg freshly ground
- 0.3 teaspoon salt fine
- 3 tablespoons sugar

- 3 tablespoons butter unsalted as needed plus more
- 0.5 teaspoon vanilla extract
- 4 small macintosh
- 4 small macintosh

Equipment

- bowl
- frying pan
- baking sheet
- ladle
- oven
- whisk
- wire rack
- measuring cup
- apple corer
- melon baller

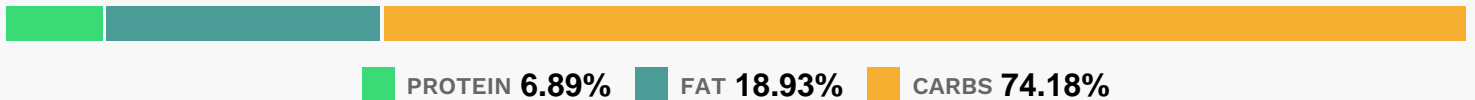
Directions

- Preheat the oven to 200 degrees F. Set a wire rack on a baking sheet and place in the oven.
- Whisk 1 3/4 cups flour, the sugar, baking powder, salt and nutmeg in a large bowl. In small bowl or liquid measuring cup, whisk the eggs with the milk and vanilla extract. Melt 3 tablespoons butter in a large well-seasoned cast-iron or non-stick skillet over medium heat.
- Whisk the butter into the milk mixture.
- Add the liquid ingredients to the dry mixture, and whisk just long enough to make a thick batter, (if there are a couple lumps that's okay).
- Using a melon baller or an apple corer, peel and core the apples keeping them whole. Slice the apples crosswise to make 1/4-inch rounds. Put some flour on a plate and dredge the apple slices until lightly coated, shaking off any excess flour.
- In the same skillet over medium to medium-low heat, place 3 apple slices about 3-inches apart in the skillet. Cook without turning until browned, about 3 minutes. Ladle about 2

tablespoons of the batter over each apple ring. Cook, until bubbles break the surface of the pancakes, and the undersides are golden brown, about 2 to 3 minutes.

- Add a nut-sized bit of butter to the skillet, as needed, and flip the pancakes, cook until golden on the underside, about 1 minute more.
- Serve immediately or transfer to oven to keep warm. Repeat with the remaining apples and batter.
- Serve with warm maple syrup.

Nutrition Facts



Properties

Glycemic Index:19.08, Glycemic Load:12.64, Inflammation Score:-1, Nutrition Score:4.716521791142%

Nutrients (% of daily need)

Calories: 132.77kcal (6.64%), Fat: 2.78g (4.28%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 24.55g (8.18%), Net Carbohydrates: 24.25g (8.82%), Sugar: 14.58g (16.2%), Cholesterol: 24.94mg (8.31%), Sodium: 107.84mg (4.69%), Alcohol: 0.03g (100%), Alcohol %: 0.08% (100%), Protein: 2.28g (4.56%), Manganese: 0.54mg (26.87%), Vitamin B2: 0.35mg (20.77%), Calcium: 80.83mg (8.08%), Selenium: 5.57µg (7.95%), Vitamin B1: 0.11mg (7.32%), Folate: 22.44µg (5.61%), Phosphorus: 50.8mg (5.08%), Iron: 0.69mg (3.81%), Vitamin B3: 0.68mg (3.42%), Potassium: 87.34mg (2.5%), Magnesium: 9.28mg (2.32%), Zinc: 0.35mg (2.31%), Vitamin B12: 0.13µg (2.17%), Vitamin A: 104.2IU (2.08%), Vitamin D: 0.3µg (2%), Vitamin B5: 0.18mg (1.84%), Fiber: 0.3g (1.2%), Vitamin B6: 0.02mg (1.14%), Copper: 0.02mg (1.01%)