



Apple Pancakes

READY IN



45 min.

SERVINGS



14

CALORIES



111 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 2 teaspoons baking soda
- ☐ 2 eggs
- ☐ 1 cup flour all-purpose
- ☐ 2 cups apples i use 2 granny smith apples finely chopped
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 Dash ground nutmeg
- ☐ 1 tablespoon honey
- ☐ 2 teaspoons juice of lemon

- ☐ 2 cups buttermilk low-fat
- ☐ 1 tablespoon butter melted
- ☐ 1 tablespoon blackstrap molasses
- ☐ 0.5 teaspoon salt
- ☐ 1 cup flour whole-wheat

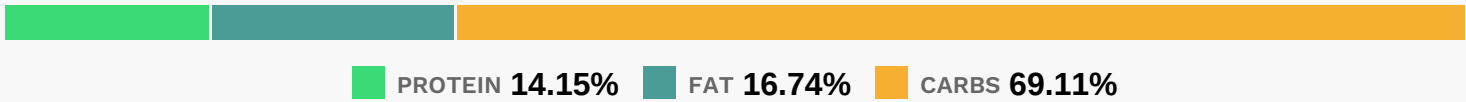
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 7 ingredients in a large bowl; stir well.
- ☐ Combine buttermilk and next 5 ingredients (buttermilk through eggs) in a small bowl; stir well.
- ☐ Add to flour mixture, stirring until smooth. Fold in apple.
- ☐ Let stand 5 minutes.
- ☐ Spoon about 1/4 cup batter for each pancake onto a hot nonstick griddle or nonstick skillet coated with cooking spray. Turn pancakes when tops are covered with bubbles and edges look cooked.

Nutrition Facts



Properties

Glycemic Index:26.45, Glycemic Load:6.86, Inflammation Score:-2, Nutrition Score:5.7404348513354%

Flavonoids

Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg, Cyanidin: 0.28mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg, Epicatechin: 1.34mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin:

0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 110.71kcal (5.54%), Fat: 2.13g (3.28%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 19.8g (6.6%), Net Carbohydrates: 18.12g (6.59%), Sugar: 5.92g (6.58%), Cholesterol: 24.75mg (8.25%), Sodium: 370.22mg (16.1%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.11%), Manganese: 0.47mg (23.43%), Selenium: 11.21µg (16.02%), Phosphorus: 98.72mg (9.87%), Vitamin B1: 0.13mg (8.76%), Calcium: 87.17mg (8.72%), Vitamin B2: 0.15mg (8.56%), Fiber: 1.68g (6.74%), Folate: 25.56µg (6.39%), Magnesium: 23.06mg (5.76%), Iron: 1.02mg (5.69%), Vitamin B3: 1.01mg (5.06%), Potassium: 144.01mg (4.11%), Vitamin B6: 0.08mg (3.96%), Zinc: 0.53mg (3.53%), Copper: 0.07mg (3.5%), Vitamin B5: 0.31mg (3.07%), Vitamin B12: 0.13µg (2.21%), Vitamin A: 96.78IU (1.94%), Vitamin C: 1.46mg (1.77%), Vitamin E: 0.22mg (1.45%)