



Apple Pancakes with Cinnamon Butter

 Vegetarian

READY IN



45 min.

SERVINGS



22

CALORIES



107 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.7 cups flour
- 2.5 teaspoons double-acting baking powder
- 2 large eggs
- 2 tablespoons brown sugar packed ()
- 2 medium apples i use 2 granny smith apples cored peeled halved (scant 1 pound)
- 1 teaspoon ground cinnamon
- 2 teaspoons juice of lemon fresh
- 1 teaspoon lemon zest grated

- 0.5 teaspoon orange zest grated
- 0.5 cup powdered sugar
- 0.5 teaspoon salt
- 0.5 cup butter unsalted divided melted (1 stick)
- 0.8 cup milk whole

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- hand mixer

Directions

- Using electric mixer, beat all ingredients in small bowl until blended.
- Combine lemon juice and peel in bowl. Coarsely grate apples into bowl, tossing to coat with juice.
- Whisk flour, brown sugar, baking powder, and salt in large bowl. Make well in center of dry ingredients.
- Whisk in milk, eggs, and 1/4 cup melted butter until smooth. Stir in apple mixture. Cover and let batter stand at room temperature at least 30 minutes and up to 1 hour.
- Preheat oven to 250°F.
- Place baking sheet in oven.
- Heat heavy large nonstick griddle or skillet over medium-high heat 1 minute.
- Brush griddle with some of remaining 1/4 cup melted butter. For each pancake, drop 1 heaping tablespoon batter onto griddle, spacing pancakes apart. Cook until golden on bottom and bubbles start to form on surface, about 3 minutes. Turn pancakes over. Cook until golden on bottom, about 2 minutes longer.

Transfer pancakes to baking sheet in oven to keep warm. Repeat with remaining batter, brushing griddle with butter before each batch of pancakes.

Arrange pancakes on plates. Top each with dollop of cinnamon butter and serve.

Nutrition Facts

PROTEIN 7.06% **FAT 41.47%** **CARBS 51.47%**

Properties

Glycemic Index:11, Glycemic Load:6.1, Inflammation Score:-2, Nutrition Score:2.7456521780595%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg, Epicatechin: 1.25mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg 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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 106.96kcal (5.35%), Fat: 5.01g (7.7%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 13.98g (4.66%), Net Carbohydrates: 13.26g (4.82%), Sugar: 5.91g (6.57%), Cholesterol: 29mg (9.67%), Sodium: 111.95mg (4.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Selenium: 4.85µg (6.93%), Vitamin B1: 0.08mg (5.61%), Folate: 20.25µg (5.06%), Vitamin B2: 0.09mg (5.05%), Calcium: 45.24mg (4.52%), Manganese: 0.09mg (4.46%), Phosphorus: 40.8mg (4.08%), Vitamin A: 176.41IU (3.53%), Iron: 0.61mg (3.38%), Vitamin B3: 0.59mg (2.96%), Fiber: 0.72g (2.87%), Vitamin D: 0.26µg (1.73%), Vitamin B5: 0.16mg (1.61%), Vitamin B12: 0.09µg (1.57%), Potassium: 50.53mg (1.44%), Vitamin E: 0.21mg (1.4%), Vitamin C: 1.12mg (1.36%), Vitamin B6: 0.02mg (1.25%), Magnesium: 4.89mg (1.22%), Copper: 0.02mg (1.18%), Zinc: 0.17mg (1.16%)