



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

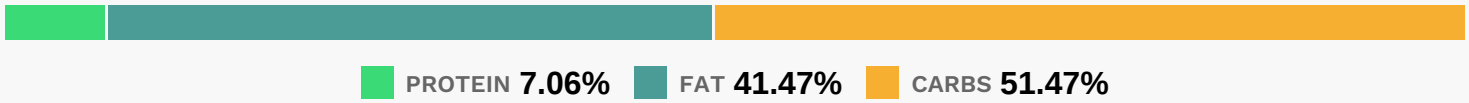
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ hand mixer

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



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%)