



Apple Puff Pancake

 Vegetarian

READY IN



45 min.

SERVINGS



9

CALORIES



192 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 apples cored peeled sliced
- ☐ 3 tablespoons brown sugar
- ☐ 2 tablespoons butter
- ☐ 6 eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1.5 cups milk
- ☐ 0.5 teaspoon salt

- ☐ 3 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

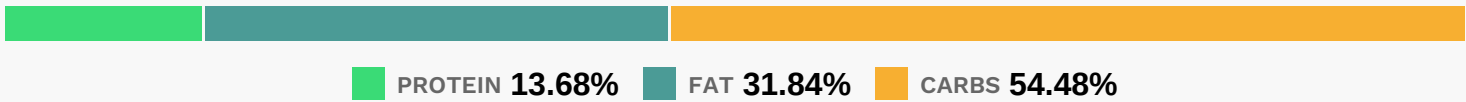
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ hand mixer

Directions

- ☐ Preheat the oven to 425 degrees F (220 degrees C).
- ☐ In a large bowl, use an electric mixer to blend eggs, milk and vanilla.
- ☐ Add flour, sugar, salt and cinnamon; mix just until blended. Set aside.
- ☐ Melt butter in a 9x9 inch square pan. Arrange apple slices in the bottom of the pan, and pour the batter over them.
- ☐ Sprinkle brown sugar over the top.
- ☐ Bake for 20 minutes in the preheated oven, or until puffed and lightly browned.

Nutrition Facts



Properties

Glycemic Index:30.01, Glycemic Load:12.66, Inflammation Score:-3, Nutrition Score:6.7760870042055%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg, Catechin: 0.53mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg, Epicatechin: 3.05mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

1.62mg

Nutrients (% of daily need)

Calories: 192.26kcal (9.61%), Fat: 6.83g (10.51%), Saturated Fat: 3.31g (20.67%), Carbohydrates: 26.3g (8.77%), Net Carbohydrates: 24.93g (9.06%), Sugar: 14.24g (15.82%), Cholesterol: 120.69mg (40.23%), Sodium: 208.19mg (9.05%), Alcohol: 0.15g (100%), Alcohol %: 0.14% (100%), Protein: 6.6g (13.21%), Selenium: 14.59µg (20.85%), Vitamin B2: 0.27mg (15.97%), Phosphorus: 119.57mg (11.96%), Folate: 40.55µg (10.14%), Vitamin B1: 0.15mg (10.04%), Vitamin B12: 0.49µg (8.1%), Calcium: 75.75mg (7.57%), Vitamin B5: 0.7mg (6.96%), Iron: 1.24mg (6.91%), Vitamin D: 1.03µg (6.89%), Manganese: 0.13mg (6.62%), Vitamin A: 324.03IU (6.48%), Fiber: 1.38g (5.5%), Vitamin B6: 0.1mg (4.97%), Potassium: 166.69mg (4.76%), Vitamin B3: 0.93mg (4.65%), Zinc: 0.66mg (4.43%), Magnesium: 13.99mg (3.5%), Vitamin E: 0.48mg (3.22%), Copper: 0.06mg (2.76%), Vitamin C: 1.86mg (2.26%), Vitamin K: 1.38µg (1.31%)