



Apple-Walnut Buttermilk Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 apples firm peeled sliced (such as Granny Smith)
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 2 tablespoons butter cooled melted
- ☐ 0.8 cup buttermilk
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 large eggs
- ☐ 1 cup flour all-purpose

- ☐ 0.5 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup walnuts chopped

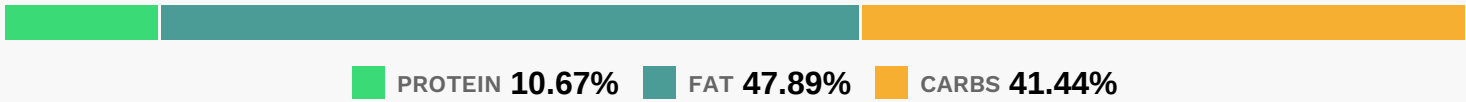
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Whisk together first 5 ingredients in a large bowl.
- ☐ Combine buttermilk, milk, egg, and butter in a separate bowl; add to flour mixture, and whisk just until blended.
- ☐ Add apple, walnuts, and cinnamon to batter, and fold in gently.
- ☐ Transfer to a large measuring cup, and let stand 10 minutes.
- ☐ Pour 3 to 4 tablespoons of batter onto a hot, lightly greased griddle or nonstick pan. Cook until pancakes are covered with bubbles and edges turn brown. Turn and cook other side 2 minutes or until golden brown.

Nutrition Facts



Properties

Glycemic Index:41.31, Glycemic Load:8.62, Inflammation Score:-3, Nutrition Score:5.2265216993249%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg, Epicatechin: 1.37mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

0.03mg, Epigallocatechin 3–gallate: 0.03mg 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: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 141.02kcal (7.05%), Fat: 7.7g (11.85%), Saturated Fat: 2.55g (15.92%), Carbohydrates: 15g (5%), Net Carbohydrates: 13.8g (5.02%), Sugar: 3.96g (4.41%), Cholesterol: 28.06mg (9.35%), Sodium: 359.71mg (15.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Manganese: 0.3mg (15.15%), Selenium: 6.99µg (9.99%), Calcium: 95.46mg (9.55%), Vitamin B1: 0.14mg (9.24%), Phosphorus: 91.5mg (9.15%), Vitamin B2: 0.15mg (8.64%), Folate: 32.49µg (8.12%), Copper: 0.12mg (6.23%), Iron: 0.96mg (5.33%), Fiber: 1.19g (4.78%), Vitamin B3: 0.85mg (4.27%), Magnesium: 17.07mg (4.27%), Vitamin B6: 0.07mg (3.35%), Vitamin B12: 0.2µg (3.3%), Vitamin A: 157.58IU (3.15%), Potassium: 109.23mg (3.12%), Vitamin D: 0.47µg (3.12%), Zinc: 0.46mg (3.08%), Vitamin B5: 0.29mg (2.93%), Vitamin E: 0.22mg (1.46%), Vitamin C: 0.92mg (1.11%)