



## Apple-Wheat Germ Hotcakes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



178 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tablespoons spiced apple butter
- 0.5 cup chunky applesauce unsweetened
- 1 teaspoon double-acting baking powder
- 0.5 teaspoon baking soda
- 2 tablespoons butter melted
- 1 large eggs
- 0.3 cup flour all-purpose
- 0.3 teaspoon ground nutmeg

- 2 tablespoons brown sugar light
- 0.7 cup buttermilk low-fat
- 0.3 teaspoon salt
- 0.7 cup water
- 0.3 cup wheat germ toasted
- 0.7 cup flour whole wheat

## Equipment

- bowl
- frying pan
- paper towels
- knife
- whisk
- measuring cup

## Directions

- Lightly spoon flours into dry measuring cups; level with a knife.
- Combine flours, baking powder, baking soda, and salt in a large bowl.
- Combine buttermilk and next 7 ingredients in a bowl; stir well with a whisk.
- Add to flour mixture, stirring just until moist.
- Heat a nonstick griddle or nonstick skillet lightly coated with cooking spray over medium heat. Spoon about 1/4 cup batter for each pancake onto pan.
- Sprinkle each pancake with 1 teaspoon wheat germ. Turn hotcakes when tops are covered with bubbles and edges look cooked.
- Note: The temperature of the griddle or skillet needs to be kept at medium to medium-low because the wheat germ burns easily. If the wheat germ burns, wipe the griddle clean with a wet paper towel.

## Nutrition Facts



■ PROTEIN 12.17% ■ FAT 28.21% ■ CARBS 59.62%

## Properties

Glycemic Index:47.83, Glycemic Load:4.02, Inflammation Score:-3, Nutrition Score:9.7578261520552%

## Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

## Nutrients (% of daily need)

Calories: 178.24kcal (8.91%), Fat: 5.8g (8.92%), Saturated Fat: 3.01g (18.81%), Carbohydrates: 27.57g (9.19%), Net Carbohydrates: 25g (9.09%), Sugar: 9.2g (10.22%), Cholesterol: 42.1mg (14.03%), Sodium: 344.75mg (14.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.63g (11.25%), Manganese: 1.26mg (62.9%), Selenium: 17.66µg (25.23%), Vitamin B1: 0.23mg (15.36%), Phosphorus: 153.21mg (15.32%), Fiber: 2.57g (10.3%), Vitamin B2: 0.17mg (9.89%), Folate: 38.2µg (9.55%), Magnesium: 37.07mg (9.27%), Calcium: 89.27mg (8.93%), Zinc: 1.22mg (8.16%), Iron: 1.43mg (7.95%), Vitamin B6: 0.15mg (7.62%), Vitamin B3: 1.45mg (7.24%), Copper: 0.13mg (6.44%), Potassium: 177.43mg (5.07%), Vitamin B5: 0.44mg (4.42%), Vitamin A: 182.58IU (3.65%), Vitamin B12: 0.14µg (2.35%), Vitamin E: 0.34mg (2.29%), Vitamin D: 0.17µg (1.11%)