



Apple Yogurt Pancakes

 Vegetarian

READY IN



25 min.

SERVINGS



12

CALORIES



186 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 apples diced cored peeled
- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 eggs
- ☐ 2.5 cups flour all-purpose
- ☐ 1.5 teaspoons ground cinnamon
- ☐ 1.7 cups milk
- ☐ 8 ounce yogurt plain

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup vegetable oil

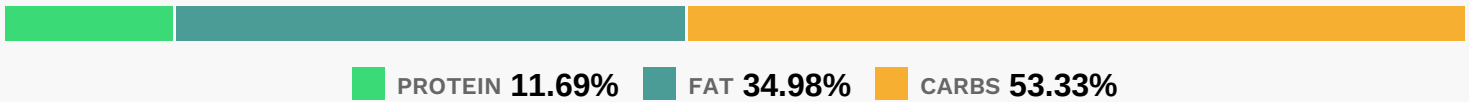
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a large bowl, stir together the eggs, milk, yogurt and oil until well blended.
- ☐ Combine the flour, baking powder, baking soda, salt and cinnamon, stir into the milk mixture until smooth. Fold in chopped apple.
- ☐ Heat a lightly oiled griddle or frying pan over medium high heat.
- ☐ Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each cake. Cook until bubbles form in the cakes and the bottoms are golden brown. Flip and cook the other side.
- ☐ Serve warm with syrup or jam.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:15.79, Inflammation Score:-3, Nutrition Score:6.8530434940172%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg 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: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 185.97kcal (9.3%), Fat: 7.22g (11.11%), Saturated Fat: 1.99g (12.46%), Carbohydrates: 24.78g (8.26%), Net Carbohydrates: 23.57g (8.57%), Sugar: 4.19g (4.66%), Cholesterol: 33.8mg (11.27%), Sodium: 162.06mg (7.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Selenium: 12.15µg (17.35%), Vitamin B1: 0.23mg (15.63%), Vitamin B2: 0.24mg (14.11%), Folate: 52.9µg (13.22%), Manganese: 0.23mg (11.55%), Phosphorus: 103.96mg (10.4%), Calcium: 95.6mg (9.56%), Vitamin K: 9µg (8.57%), Vitamin B3: 1.61mg (8.05%), Iron: 1.42mg (7.91%), Vitamin B12: 0.32µg (5.3%), Fiber: 1.2g (4.8%), Vitamin B5: 0.44mg (4.37%), Potassium: 135.49mg (3.87%), Zinc: 0.54mg (3.59%), Vitamin D: 0.54µg (3.59%), Vitamin E: 0.53mg (3.5%), Magnesium: 13.94mg (3.49%), Vitamin B6: 0.06mg (2.86%), Copper: 0.05mg (2.49%), Vitamin A: 122.14IU (2.44%)