



Applesauce Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



76 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon baking soda
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 cup nonfat buttermilk
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup apple sauce unsweetened
- ☐ 2 teaspoons vegetable oil
- ☐ 2 tablespoons wheat germ toasted

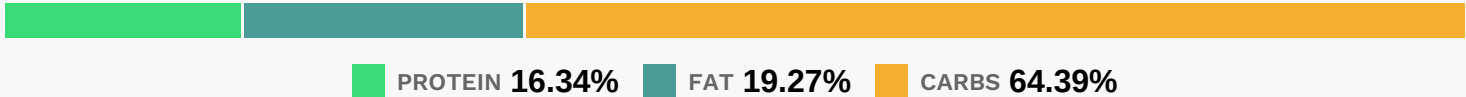
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Combine first 4 ingredients in a medium bowl; make a well in center of mixture.
- ☐ Combine buttermilk and next 3 ingredients.
- ☐ Add buttermilk mixture to dry ingredients, stirring just until dry ingredients are moistened.
- ☐ Heat a nonstick griddle or nonstick skillet coated with cooking spray over medium heat. For each pancake, pour 1/4 cup batter onto hot griddle, spreading to a 5-inch circle. Cook pancakes until tops are covered with bubbles and edges look cooked; turn pancakes, and cook other side.
- ☐ Serve with maple syrup and fresh fruit, if desired (syrup and fruit not included in analysis).
- ☐ Tip: One tablespoon of sugar-free maple syrup has 8 calories and 3 grams of carbohydrate.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:6.9, Inflammation Score:-1, Nutrition Score:3.0756521600744%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg, Epicatechin: 0.33mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 76.12kcal (3.81%), Fat: 1.61g (2.48%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 12.12g (4.04%), Net Carbohydrates: 11.57g (4.21%), Sugar: 1.81g (2.01%), Cholesterol: 19.07mg (6.36%), Sodium: 167.88mg (7.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.07g (6.15%), Manganese: 0.23mg (11.73%), Selenium: 6.66µg (9.52%), Vitamin B1: 0.12mg (8.16%), Folate: 28.5µg (7.12%), Vitamin B2: 0.09mg (5.41%), Iron: 0.75mg (4.17%), Vitamin B3: 0.82mg (4.11%), Phosphorus: 32.97mg (3.3%), Fiber: 0.55g (2.2%), Zinc: 0.29mg (1.93%), Vitamin K: 1.74µg (1.66%), Copper: 0.03mg (1.6%), Vitamin B5: 0.16mg (1.59%), Magnesium: 6.16mg (1.54%), Vitamin B6:

0.03mg (1.5%)