



## Applesauce Pancakes

READY IN



60 min.

SERVINGS



6

CALORIES



755 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 6 pounds apple varieties mixed cored peeled cut into eighths (Gala, Honeycrisp, Golden Delicious)
- 1 cup apple juice
- 2 tablespoons double-acting baking powder
- 6 servings butter for cooking and serving
- 3 cups cake flour
- 0.3 teaspoon cinnamon
- 1 teaspoon cinnamon
- 2 eggs
- 0.5 juice of lemon

- 0.5 cup brown sugar light
- 6 servings maple syrup warmed for serving
- 2.5 cups milk plus more if needed
- 1 teaspoon salt
- 3 tablespoons sugar
- 1 tablespoon vanilla

## Equipment

- food processor
- bowl
- frying pan
- whisk
- blender

## Directions

- Watch how to make this recipe.
- In a large bowl, combine the cake flour, sugar, baking powder and salt. Stir together and set aside.
- In a separate bowl, whisk together the milk, Applesauce, vanilla, cinnamon and eggs.
- Slowly drizzle the wet ingredients into the dry ingredients, stirring gently with a spoon as you go. Once combined, if the mixture needs more moisture, splash in a little more milk. The batter should be pourable.
- Heat a large skillet or griddle over medium-low to low heat. Smear a little bit of butter over the surface and drop tablespoon-sized amounts of batter onto the pan (more if you want larger pancakes). Wait a minute or so, then flip to the other side. The pancakes should be light golden brown and set in the middle.
- Top with butter and drizzle with warm maple syrup.
- Throw the apples, apple juice and lemon juice into a pan and bring it to the boil over medium-high heat. Lower the heat and simmer until the apples are soft, about 15 minutes. Stir through the sugar and mix until melted.
- Add the cinnamon and stir through.

Puree the mixture in a food processor, blender or food mill. If not using right away, leave to cool and then refrigerate.

## Nutrition Facts

**PROTEIN 7.18%** **FAT 12.25%** **CARBS 80.57%**

### Properties

Glycemic Index:72.72, Glycemic Load:59.71, Inflammation Score:-7, Nutrition Score:21.161304308021%

### Flavonoids

Cyanidin: 7.13mg, Cyanidin: 7.13mg, Cyanidin: 7.13mg, Cyanidin: 7.13mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 6.41mg, Catechin: 6.41mg, Catechin: 6.41mg, Catechin: 6.41mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 36.1mg, Epicatechin: 36.1mg, Epicatechin: 36.1mg, Epicatechin: 36.1mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg, Epigallocatechin 3-gallate: 0.86mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Quercetin: 18.44mg, Quercetin: 18.44mg, Quercetin: 18.44mg

### Nutrients (% of daily need)

Calories: 755.04kcal (37.75%), Fat: 10.6g (16.3%), Saturated Fat: 5.21g (32.57%), Carbohydrates: 156.78g (52.26%), Net Carbohydrates: 144.08g (52.39%), Sugar: 92.39g (102.66%), Cholesterol: 77.51mg (25.84%), Sodium: 917.88mg (39.91%), Alcohol: 0.75g (100%), Alcohol %: 0.13% (100%), Protein: 13.98g (27.96%), Manganese: 1.24mg (62.2%), Fiber: 12.71g (50.82%), Selenium: 31.62µg (45.17%), Calcium: 451.28mg (45.13%), Vitamin B2: 0.63mg (37.01%), Phosphorus: 335.31mg (33.53%), Vitamin C: 22.22mg (26.93%), Potassium: 841.49mg (24.04%), Vitamin B6: 0.31mg (15.68%), Magnesium: 62.03mg (15.51%), Vitamin B1: 0.21mg (14.2%), Copper: 0.27mg (13.29%), Vitamin A: 616.83IU (12.34%), Vitamin B5: 1.21mg (12.1%), Vitamin B12: 0.69µg (11.47%), Iron: 2.05mg (11.4%), Folate: 41.98µg (10.5%), Vitamin K: 11µg (10.47%), Zinc: 1.49mg (9.93%), Vitamin D: 1.41µg (9.41%), Vitamin E: 1.4mg (9.37%), Vitamin B3: 1.24mg (6.21%)