



Babcock Peach or Braeburn Apple Pancake Tatins

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



295 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 braeburn apples peeled sliced
- ☐ 0.3 cup brown sugar
- ☐ 4 tablespoons clarified melted
- ☐ 2 cups pancake batter your favorite
- ☐ 2 tablespoons powdered sugar
- ☐ 0.3 cup regular sugar
- ☐ 4 tablespoons butter unsalted

☐ 2 teaspoons vanilla extract

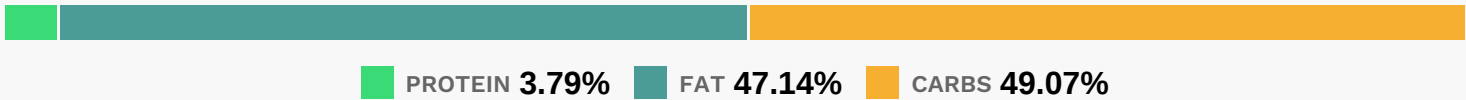
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl
- ☐ broiler

Directions

- ☐ Preheat the broiler.
- ☐ Place the first 4 ingredients in a medium mixing bowl and toss together.
- ☐ Let stand for at least 30 minutes.
- ☐ Drain the excess liquid from the fruit mixture and reserve. Melt half of the unsalted and clarified butter in a medium non-stick pan over medium-high heat.
- ☐ Add half of the fruit mixture and brown for 3 minutes.
- ☐ Pour half of the pancake batter over the fruit starting from the center of the pan.
- ☐ Let batter set for about 3 minutes, and then place under the broiler for about 3 to 4 minutes, or until lightly browned. Watch carefully the whole time, as it may brown more quickly.
- ☐ Remove from the oven.
- ☐ Place a large enough plate to cover the pan over the pan and invert onto the plate. Repeat with the second half of the fruit and batter.
- ☐ Garnish with powdered sugar and serve.

Nutrition Facts



Properties

Glycemic Index:12.76, Glycemic Load:7.68, Inflammation Score:-3, Nutrition Score:4.3291304396546%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 294.91kcal (14.75%), Fat: 15.82g (24.33%), Saturated Fat: 8.93g (55.8%), Carbohydrates: 37.05g (12.35%), Net Carbohydrates: 34.25g (12.45%), Sugar: 24.46g (27.17%), Cholesterol: 57.33mg (19.11%), Sodium: 168.07mg (7.31%), Alcohol: 0.34g (100%), Alcohol %: 0.28% (100%), Protein: 2.86g (5.72%), Phosphorus: 113.75mg (11.37%), Fiber: 2.8g (11.21%), Calcium: 82.91mg (8.29%), Vitamin B2: 0.13mg (7.63%), Vitamin A: 305.32IU (6.11%), Vitamin B1: 0.08mg (5.42%), Vitamin C: 4.38mg (5.31%), Potassium: 174.51mg (4.99%), Selenium: 3.39µg (4.84%), Manganese: 0.08mg (4.23%), Vitamin B6: 0.07mg (3.74%), Folate: 14.71µg (3.68%), Iron: 0.59mg (3.26%), Magnesium: 12.58mg (3.14%), Vitamin B3: 0.5mg (2.49%), Vitamin B5: 0.24mg (2.37%), Vitamin K: 2.49µg (2.37%), Copper: 0.05mg (2.27%), Vitamin E: 0.33mg (2.17%), Vitamin B12: 0.12µg (2.04%), Zinc: 0.29mg (1.94%)