

Baked Apple Pancake

READY IN



45 min.

SERVINGS



4

CALORIES



734 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 apples peeled thinly sliced
- 0.5 cup butter
- 1 tablespoon cinnamon
- 3 eggs
- 1 cup flour
- 0.5 cup milk
- 4 servings nuts chopped
- 0.3 teaspoon salt
- 0.8 cup sugar

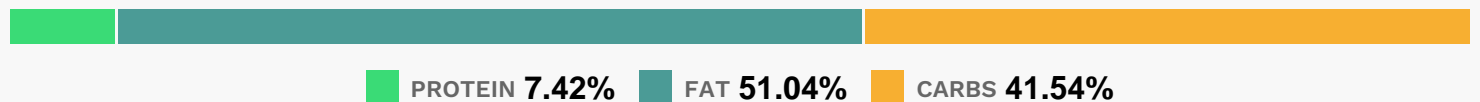
Equipment

- bowl
- frying pan
- oven
- microwave

Directions

- Preheat oven to 450F.
- Saute apple slices in butter over medium heat until tender.
- Add sugar, cinnamon, nuts and raisins to the pan, stirring to coat apple.
- Remove from heat and set aside. For the batter, melt butter in the microwave, set aside to cool. Spray skillet with Pam. In a bowl beat eggs until light. Slowly add flour and salt, blending until smooth. Beat in melted butter and milk.
- Pour apple filling into skillet and top with batter.
- Bake 15 minutes. Reduce oven temperature to 350F and bake five to ten minutes more.
- Cut pancake into four pieces and serve with favorite topping. NOTES : Barbara Michel had this one marked as "good !" I have made the changes in the recipe that she indicated.

Nutrition Facts



Properties

Glycemic Index:62.44, Glycemic Load:47.12, Inflammation Score:-8, Nutrition Score:17.521304347826%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol:

0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Taste

Sweetness: 100%, Saltiness: 27.52%, Sourness: 20.6%, Bitterness: 7.67%, Savoriness: 17.81%, Fattiness: 81.78%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 734.43kcal (36.72%), Fat: 42.92g (66.03%), Saturated Fat: 8.48g (52.98%), Carbohydrates: 78.61g (26.2%), Net Carbohydrates: 72.91g (26.51%), Sugar: 43.87g (48.75%), Cholesterol: 126.42mg (42.14%), Sodium: 476.62mg (20.72%), Protein: 14.03g (28.06%), Manganese: 1.17mg (58.59%), Selenium: 21.59µg (30.85%), Phosphorus: 273.21mg (27.32%), Vitamin B2: 0.44mg (25.74%), Vitamin A: 1277.55IU (25.55%), Copper: 0.47mg (23.73%), Vitamin B1: 0.35mg (23.11%), Fiber: 5.7g (22.79%), Folate: 89.47µg (22.37%), Magnesium: 86.33mg (21.58%), Iron: 3.38mg (18.77%), Vitamin B3: 3.39mg (16.93%), Zinc: 1.97mg (13.12%), Vitamin B5: 1.18mg (11.77%), Calcium: 113.43mg (11.34%), Potassium: 373.83mg (10.68%), Vitamin B6: 0.2mg (10.08%), Vitamin E: 1.39mg (9.26%), Vitamin B12: 0.49µg (8.11%), Vitamin D: 1µg (6.64%), Vitamin C: 2.35mg (2.84%), Vitamin K: 1.91µg (1.82%)