



Baked Apple Pancake

READY IN



35 min.

SERVINGS



35

CALORIES



41 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup milk cheddar cheese shredded 2% kraft
- 0.8 cup cholesterol-free egg product
- 0.5 cup milk fat-free
- 0.5 cup flour
- 1 lb granny smith apples thinly sliced
- 0.5 tsp ground cinnamon
- 2 Tbsp butter divided
- 1 oz philadelphia neufchatel cheese softened
- 0.3 cup granular no-calorie sweetener divided

0.1 tsp salt

Equipment

bowl

frying pan

oven

whisk

Directions

Heat oven to 475F.

Melt 1 Tbsp. margarine in large ovenproof skillet on medium heat.

Add apples; cook 5 min. or until crisp-tender, stirring frequently. Top with cheddar.

Whisk Neufchatel and milk in medium bowl until blended. Stir in flour, egg product, 1 Tbsp. granulated sweetener and salt; pour over apples.

Sprinkle with combined remaining granulated sweetener and cinnamon; dot with remaining margarine.

Bake 12 to 15 min. or until puffed and golden brown.

Nutrition Facts



PROTEIN 13.8% **FAT 40.92%** **CARBS 45.28%**

Properties

Glycemic Index:7.12, Glycemic Load:2.19, Inflammation Score:-1, Nutrition Score:1.3369565334009%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg, Epicatechin: 0.98mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg 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: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 41.15kcal (2.06%), Fat: 1.92g (2.95%), Saturated Fat: 0.72g (4.49%), Carbohydrates: 4.77g (1.59%), Net Carbohydrates: 4.39g (1.6%), Sugar: 2.73g (3.03%), Cholesterol: 21.69mg (7.23%), Sodium: 38.11mg (1.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.45g (2.91%), Selenium: 2.76µg (3.94%), Vitamin B2: 0.05mg (2.9%), Phosphorus: 26.13mg (2.61%), Calcium: 21.56mg (2.16%), Vitamin A: 93.97IU (1.88%), Folate: 6.64µg (1.66%), Fiber: 0.38g (1.52%), Vitamin B12: 0.09µg (1.45%), Vitamin B1: 0.02mg (1.4%), Manganese: 0.03mg (1.25%), Vitamin B5: 0.12mg (1.2%), Zinc: 0.17mg (1.11%), Iron: 0.2mg (1.09%), Vitamin D: 0.15µg (1.02%)