



Baked Apple Pancakes With Caramel Sauce

READY IN



45 min.

SERVINGS



8

CALORIES



673 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 0.5 cup butter
- ☐ 1.5 cups buttermilk
- ☐ 8 servings mrs richardson's butterscotch caramel sauce
- ☐ 8 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 3 apples i use 2 granny smith apples peeled thinly sliced
- ☐ 3 tablespoons granulated sugar
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 0.5 cup pecans chopped
- ☐ 8 servings pecans toasted chopped
- ☐ 8 servings powdered sugar
- ☐ 0.5 teaspoon salt
- ☐ 1 teaspoon vanilla extract
- ☐ 8 servings whipped cream

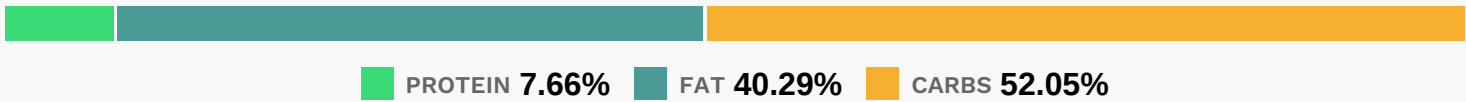
Equipment

- ☐ oven
- ☐ whisk

Directions

- ☐ Whisk together eggs and next 4 ingredients. (
- ☐ Mixture will be lumpy.)
- ☐ Add buttermilk and vanilla, whisking until batter is blended.
- ☐ Coat 8 (7- x 4- x 1 1/2-inch) oval baking dishes with cooking spray.
- ☐ Place 1 tablespoon butter in each dish.
- ☐ Bake at 425 for 3 to 4 minutes or until butter melts.
- ☐ Place apple slices evenly into dishes; bake 5 more minutes. Spoon about 1/2 cup batter into each dish.
- ☐ Sprinkle evenly with brown sugar and 1/2 cup chopped pecans.
- ☐ Bake 20 more minutes.
- ☐ Sprinkle pancakes with powdered sugar, and top with a scoop of vanilla ice cream; drizzle with Caramel Sauce, and sprinkle with chopped, toasted pecans.

Nutrition Facts



Properties

Glycemic Index:36.76, Glycemic Load:24.19, Inflammation Score:-7, Nutrition Score:15.125217541404%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg Epicatechin: 5.2mg, Epicatechin: 5.2mg, Epicatechin: 5.2mg, Epicatechin: 5.2mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 673.22kcal (33.66%), Fat: 30.84g (47.44%), Saturated Fat: 9.8g (61.23%), Carbohydrates: 89.61g (29.87%), Net Carbohydrates: 86.27g (31.37%), Sugar: 72.34g (80.38%), Cholesterol: 219.99mg (73.33%), Sodium: 591.69mg (25.73%), Alcohol: 0.17g (100%), Alcohol %: 0.07% (100%), Protein: 13.2g (26.39%), Selenium: 24.56µg (35.09%), Vitamin B2: 0.58mg (33.97%), Manganese: 0.56mg (27.79%), Phosphorus: 272.1mg (27.21%), Vitamin A: 1207.2IU (24.14%), Calcium: 212.93mg (21.29%), Vitamin B1: 0.26mg (17.04%), Vitamin B12: 1µg (16.59%), Vitamin B5: 1.59mg (15.92%), Folate: 62.5µg (15.62%), Fiber: 3.34g (13.35%), Potassium: 435.07mg (12.43%), Zinc: 1.77mg (11.8%), Iron: 2.07mg (11.5%), Vitamin D: 1.72µg (11.45%), Copper: 0.21mg (10.27%), Magnesium: 39.85mg (9.96%), Vitamin E: 1.46mg (9.73%), Vitamin B6: 0.19mg (9.57%), Vitamin B3: 1.25mg (6.26%), Vitamin C: 3.85mg (4.67%), Vitamin K: 2.34µg (2.23%)