



Big Apple Pancake

 Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



630 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 large eggs
- 0.5 cup flour all-purpose
- 1 large golden delicious sweet cored peeled cut into 1/4-inch-wide wedges
- 3 tablespoons granulated sugar
- 0.3 teaspoon salt
- 0.3 cup butter unsalted
- 0.5 teaspoon vanilla
- 0.5 cup milk whole

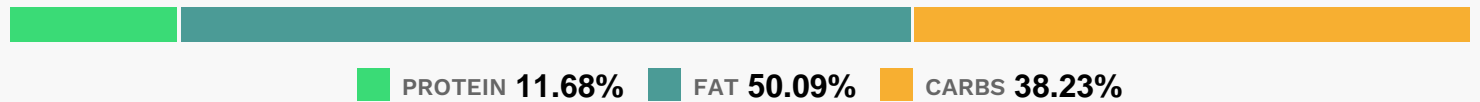
Equipment

- frying pan
- oven
- blender

Directions

- Put oven rack in middle position and preheat oven to 450°F.
- Melt butter in skillet over moderate heat, then transfer 2 tablespoons to a blender.
- Add apple wedges to skillet and cook, turning over once, until beginning to soften, 3 to 5 minutes.
- While apple is cooking, add milk, flour, eggs, granulated sugar, vanilla, and salt to butter in blender and blend until smooth.
- Pour batter over apple and transfer skillet to oven.
- Bake until pancake is puffed and golden, about 15 minutes. Dust with confectioners sugar and serve immediately.

Nutrition Facts



Properties

Glycemic Index:111.05, Glycemic Load:35.6, Inflammation Score:-7, Nutrition Score:18.153478187063%

Flavonoids

Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg, Epigallocatechin: 0.38mg Epicatechin: 5.92mg, Epicatechin: 5.92mg, Epicatechin: 5.92mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Quercetin: 3.97mg, Quercetin: 3.97mg, Quercetin: 3.97mg

Nutrients (% of daily need)

Calories: 630.25kcal (31.51%), Fat: 35g (53.85%), Saturated Fat: 18.89g (118.06%), Carbohydrates: 60.11g (20.04%), Net Carbohydrates: 56.68g (20.61%), Sugar: 32.29g (35.88%), Cholesterol: 440.33mg (146.78%), Sodium: 462.03mg (20.09%), Alcohol: 0.34g (100%), Alcohol %: 0.13% (100%), Protein: 18.37g (36.74%), Selenium: 42.85µg

(61.21%), Vitamin B2: 0.74mg (43.38%), Phosphorus: 310.98mg (31.1%), Vitamin A: 1402.74IU (28.05%), Folate: 108.26µg (27.07%), Vitamin B1: 0.34mg (22.69%), Vitamin B12: 1.27µg (21.13%), Vitamin D: 3.1µg (20.64%), Vitamin B5: 2.01mg (20.09%), Iron: 3.36mg (18.66%), Calcium: 149.45mg (14.94%), Manganese: 0.29mg (14.3%), Vitamin B6: 0.28mg (13.84%), Fiber: 3.42g (13.69%), Vitamin E: 1.95mg (13.01%), Zinc: 1.83mg (12.21%), Potassium: 379.15mg (10.83%), Vitamin B3: 2.1mg (10.51%), Magnesium: 32.26mg (8.07%), Copper: 0.16mg (7.83%), Vitamin K: 4.5µg (4.28%)