



## Big Apple Pancakes

READY IN



55 min.

SERVINGS



4

CALORIES



527 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 large apples cored peeled sliced
- 0.3 teaspoon cinnamon
- 0.5 cup percent fat whole
- 3 eggs
- 0.5 cup flour all-purpose
- 1 teaspoon granulated sugar
- 2 lemon wedges
- 0.3 cup brown sugar light packed
- 1 pinch salt

3 tablespoons butter unsalted

## Equipment

bowl

frying pan

oven

whisk

## Directions

Preheat the oven to 450 degrees F. In a large ovenproof skillet (preferably with curved sides), melt 2 tablespoons of the butter over medium heat.

Add the apple slices and cook, stirring, until tender, about 10 minutes.

Add 2 tablespoons of the brown sugar and stir to combine.

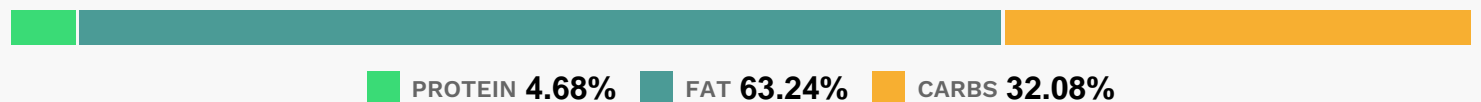
In a medium bowl, whisk together the eggs, sugar, salt, milk, and flour.

Pour this batter over the apples in the skillet, transfer to the oven, and bake until puffy, about 10 minutes. Meanwhile, in a small bowl, mix the cinnamon and remaining 2 tablespoons brown sugar.

Cut the remaining tablespoon of butter into pieces. When the pancake puffs, remove from the oven, dot with butter, sprinkle with cinnamon sugar, and return to the oven to bake until browned, about 10 minutes more. As the pancake comes out of the oven, squeeze the lemon wedges over the top.

Serve in wedges right out of the pan.

## Nutrition Facts



## Properties

Glycemic Index:51.9, Glycemic Load:13.54, Inflammation Score:-4, Nutrition Score:8.2978261346402%

## Flavonoids

Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg, Cyanidin: 1.75mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg, Catechin: 1.45mg

Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg  
Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg, Epicatechin: 8.4mg Epicatechin 3-gallate: 0.01mg,  
Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-  
gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate:  
0.21mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 2.51mg,  
Hesperetin: 2.51mg, Hesperetin: 2.51mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin:  
0.05mg, Naringenin: 0.05mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol:  
0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.05mg, Myricetin: 0.05mg,  
Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin: 4.57mg, Quercetin:  
4.57mg

## **Nutrients (% of daily need)**

Calories: 527.49kcal (26.37%), Fat: 37.65g (57.93%), Saturated Fat: 16.53g (103.32%), Carbohydrates: 42.98g  
(14.33%), Net Carbohydrates: 39.56g (14.39%), Sugar: 26.33g (29.26%), Cholesterol: 169.68mg (56.56%), Sodium:  
63.18mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.27g (12.54%), Selenium: 15.8µg (22.56%),  
Vitamin B2: 0.26mg (15.45%), Fiber: 3.42g (13.67%), Folate: 48.9µg (12.22%), Vitamin C: 9.9mg (12%), Vitamin B1:  
0.16mg (10.6%), Vitamin A: 503.15IU (10.06%), Phosphorus: 99.07mg (9.91%), Vitamin D: 1.46µg (9.72%),  
Manganese: 0.19mg (9.43%), Iron: 1.6mg (8.89%), Vitamin B5: 0.69mg (6.9%), Vitamin E: 0.97mg (6.47%),  
Potassium: 215.35mg (6.15%), Vitamin B6: 0.12mg (6.1%), Vitamin B3: 1.08mg (5.39%), Vitamin B12: 0.31µg (5.19%),  
Calcium: 45.05mg (4.51%), Copper: 0.09mg (4.42%), Zinc: 0.63mg (4.2%), Magnesium: 15.22mg (3.8%), Vitamin K:  
3.37µg (3.21%)