



Buttermilk Pancakes with Maple Syrup Apples

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



476 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 cup all purpose flour
- ☐ 1 teaspoon double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 4 servings additional butter unsalted
- ☐ 1 cup buttermilk
- ☐ 1 large eggs
- ☐ 2 tablespoons brown sugar packed ()
- ☐ 0.5 teaspoon ground cinnamon

- ☐ 1 tablespoon maple syrup pure
- ☐ 4 servings additional maple syrup pure
- ☐ 1.5 pounds golden delicious apples cored peeled cut into 1/2-inch-thick slices
- ☐ 0.5 teaspoon salt
- ☐ 1 cup whole-milk yogurt plain
- ☐ 1.5 tablespoons butter unsalted melted
- ☐ 2 tablespoons cornmeal yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Melt butter in large nonstick skillet over medium-high heat.
- ☐ Add apples and 1 tablespoon maple syrup; sauté until apples are tender, about 5 minutes.
- ☐ Mix in remaining 1/2 cup maple syrup and cinnamon.
- ☐ Combine first 6 ingredients in large bowl; whisk to blend.
- ☐ Whisk buttermilk, yogurt, and egg in medium bowl to blend; add to dry ingredients and stir until just blended but still lumpy. Gently mix in 1 1/2 tablespoons melted butter.
- ☐ Heat griddle or large nonstick skillet over medium heat.
- ☐ Spread thin coating of butter over griddle and let melt. Working in batches, drop batter by 1/3 cupfuls onto griddle, spacing apart. Cook pancakes until brown on bottom and bubbles form on top, about 3 minutes. Turn pancakes over and cook until bottoms are brown and pancakes are barely firm to touch.
- ☐ Transfer to plates. Repeat with remaining batter, adding more butter to griddle as needed.
- ☐ Spoon apples over pancakes.
- ☐ Serve, passing additional maple syrup.

Nutrition Facts



 PROTEIN **9.3%**  FAT **23.17%**  CARBS **67.53%**

Properties

Glycemic Index:94.13, Glycemic Load:32.94, Inflammation Score:-6, Nutrition Score:16.886521629665%

Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg, Catechin: 2.21mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg, Epicatechin: 12.81mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg, Quercetin: 6.82mg

Nutrients (% of daily need)

Calories: 475.72kcal (23.79%), Fat: 12.49g (19.22%), Saturated Fat: 7.02g (43.85%), Carbohydrates: 81.9g (27.3%), Net Carbohydrates: 76.37g (27.77%), Sugar: 46.34g (51.49%), Cholesterol: 76.36mg (25.45%), Sodium: 805.81mg (35.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.28g (22.56%), Vitamin B2: 0.83mg (48.71%), Manganese: 0.94mg (46.87%), Calcium: 309.22mg (30.92%), Selenium: 19.34µg (27.63%), Phosphorus: 260.39mg (26.04%), Vitamin B1: 0.37mg (24.59%), Fiber: 5.53g (22.12%), Folate: 80.6µg (20.15%), Potassium: 554.01mg (15.83%), Vitamin B12: 0.78µg (12.97%), Iron: 2.3mg (12.78%), Magnesium: 46.29mg (11.57%), Vitamin B3: 2.3mg (11.49%), Vitamin B5: 1.1mg (11.03%), Zinc: 1.62mg (10.78%), Vitamin A: 519.53IU (10.39%), Vitamin C: 8.39mg (10.16%), Vitamin B6: 0.19mg (9.57%), Vitamin D: 1.18µg (7.89%), Copper: 0.14mg (7.09%), Vitamin E: 0.76mg (5.07%), Vitamin K: 4.98µg (4.74%)