



Cheddar Pancakes with Sautéed Apples and Bacon

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 4 servings sautéed apples and bacon
- 1.3 teaspoons double-acting baking powder
- 0.3 teaspoon baking soda
- 2 tablespoons dijon mustard
- 1 large eggs
- 1 large egg white
- 1.3 cups flour all-purpose
- 0.3 teaspoon ground nutmeg

- 1.3 cups yogurt plain low-fat
- 5 ounces cheddar cheese shredded extra-sharp reduced-fat
- 0.3 teaspoon salt
- 1 tablespoon sugar
- 2 teaspoons vegetable oil
- 2 tablespoons water

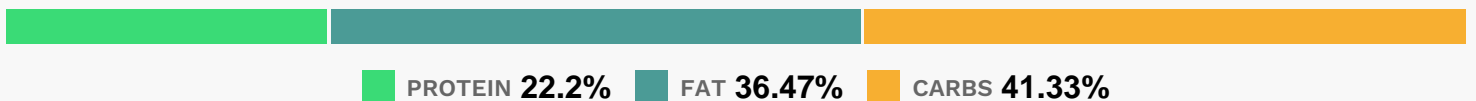
Equipment

- bowl
- frying pan
- knife
- measuring cup

Directions

- Lightly spoon the flour into dry measuring cups, and level with a knife.
- Combine the flour and the next 5 ingredients (flour through nutmeg) in a large bowl.
- Combine the yogurt and the next 6 ingredients (yogurt through egg white), and add to the flour mixture, stirring until smooth.
- Spoon about 1/4 cup batter onto a hot nonstick griddle or a large nonstick skillet. Turn pancakes when tops are covered with bubbles and edges looked cooked.
- Serve with
- Sauted Apples and Bacon.
- (Totals include
- Sauted Apples and Bacon)

Nutrition Facts



Properties

Glycemic Index:84.77, Glycemic Load:25.46, Inflammation Score:-5, Nutrition Score:15.70434791368%

Nutrients (% of daily need)

Calories: 415.66kcal (20.78%), Fat: 16.65g (25.61%), Saturated Fat: 6.13g (38.32%), Carbohydrates: 42.45g (14.15%), Net Carbohydrates: 40.97g (14.9%), Sugar: 9.29g (10.32%), Cholesterol: 73.36mg (24.45%), Sodium: 881.13mg (38.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.8g (45.59%), Selenium: 34.44µg (49.2%), Phosphorus: 427.54mg (42.75%), Calcium: 390.19mg (39.02%), Vitamin B2: 0.58mg (33.86%), Vitamin B1: 0.45mg (29.86%), Folate: 95.96µg (23.99%), Vitamin B3: 3.52mg (17.59%), Manganese: 0.33mg (16.6%), Iron: 2.73mg (15.15%), Vitamin B12: 0.86µg (14.33%), Zinc: 2.14mg (14.26%), Vitamin B5: 1.08mg (10.82%), Potassium: 345.36mg (9.87%), Magnesium: 38.01mg (9.5%), Vitamin B6: 0.16mg (7.99%), Fiber: 1.48g (5.9%), Copper: 0.11mg (5.33%), Vitamin K: 4.79µg (4.56%), Vitamin A: 196.1IU (3.92%), Vitamin E: 0.51mg (3.38%), Vitamin D: 0.37µg (2.49%)