



Chunky Apple Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



194 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup chunky applesauce
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 tablespoon brown sugar light
- ☐ 0.7 cup milk 1% low-fat
- ☐ 0.1 teaspoon salt

☐ 2 teaspoons vegetable oil

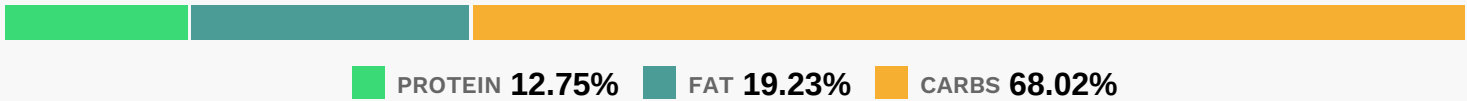
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour, sugar, and next 3 ingredients in a large bowl; stir with a whisk.
- ☐ Combine egg, oil, milk, and applesauce; stir with a whisk until blended.
- ☐ Add to flour mixture, and stir until dry ingredients are moistened.
- ☐ Spoon about 1/4 cup batter onto a hot nonstick griddle or nonstick skillet coated with cooking spray. Turn pancakes when tops are covered with bubbles and edges look cooked.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:17.76, Inflammation Score:-3, Nutrition Score:8.1713042103726%

Flavonoids

Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 194.01kcal (9.7%), Fat: 4.15g (6.39%), Saturated Fat: 1.01g (6.31%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 31.77g (11.55%), Sugar: 7.86g (8.73%), Cholesterol: 48.47mg (16.16%), Sodium: 319.85mg (13.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.19g (12.39%), Selenium: 15.39µg (21.99%), Vitamin B1: 0.28mg (18.71%), Calcium: 183.77mg (18.38%), Vitamin B2: 0.28mg (16.22%), Folate: 64.8µg (16.2%), Phosphorus: 144.56mg

(14.46%), Manganese: 0.25mg (12.48%), Iron: 1.99mg (11.07%), Vitamin B3: 1.93mg (9.65%), Vitamin B12: 0.35µg (5.85%), Fiber: 1.25g (5%), Vitamin B5: 0.49mg (4.87%), Vitamin D: 0.68µg (4.55%), Vitamin K: 4.5µg (4.29%), Potassium: 140.74mg (4.02%), Zinc: 0.56mg (3.75%), Magnesium: 14.9mg (3.72%), Vitamin B6: 0.07mg (3.41%), Copper: 0.06mg (3.24%), Vitamin A: 153.81IU (3.08%), Vitamin E: 0.39mg (2.62%)