



## Cinnamon Oatmeal Pancakes with Honey Apple Compote

 Vegetarian

READY IN



85 min.

SERVINGS



4

CALORIES



389 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1.5 cups apple cider
- 1 teaspoon double-acting baking powder
- 1 teaspoon canola oil
- 1 large eggs
- 0.5 teaspoon ground cinnamon
- 1 tablespoon honey
- 1 cup lowfat milk (1-percent)

- 0.8 cup quick-cooking oats
- 2 golden delicious apples peeled cut into 1/2-inch chunks
- 0.3 teaspoon salt fine
- 2 tablespoons sugar
- 3 tablespoons butter unsalted cooled melted
- 0.8 cup flour whole wheat

## Equipment

- frying pan
- paper towels
- sauce pan
- ladle
- blender
- aluminum foil
- spatula

## Directions

- Bring the cider to a boil in a small saucepan over high heat; lower the heat and simmer until reduced by half, 15 to 18 minutes. Stir in the honey and apples, reduce the heat to low and simmer until thick enough to coat the back of a spoon, about 30 minutes.
- Meanwhile, combine the flour, oats, sugar, baking powder, cinnamon and salt in a blender until the oats are finely ground.
- Add the milk, butter and egg and blend until smooth, scraping down the sides of the blender occasionally.
- Heat a nonstick skillet over medium-low heat. With a paper towel, wipe the oil on the surface of the heated skillet. Ladle 1 tablespoon of the batter onto the skillet to make a pancake. Make 4 to 5 more pancakes, taking care to keep them evenly spaced apart. Cook until bubbles break the surface of the pancakes and the undersides are golden brown, about 2 minutes. Flip with a spatula and cook for 1 minute more.
- Serve immediately with the apple compote, or transfer to a platter and cover loosely with foil to keep warm. Repeat with the remaining batter, wiping the griddle with the oiled paper towel

as needed.

## Nutrition Facts

PROTEIN 8.91% FAT 29.11% CARBS 61.98%

### Properties

Glycemic Index:89.28, Glycemic Load:19.83, Inflammation Score:-6, Nutrition Score:15.867826088615%

### Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg, Catechin: 2.29mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 11.02mg, Epicatechin: 11.02mg, Epicatechin: 11.02mg, Epicatechin: 11.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

### Nutrients (% of daily need)

Calories: 388.51kcal (19.43%), Fat: 13.16g (20.25%), Saturated Fat: 6.5g (40.66%), Carbohydrates: 63.06g (21.02%), Net Carbohydrates: 56.71g (20.62%), Sugar: 31.57g (35.08%), Cholesterol: 72.03mg (24.01%), Sodium: 298.91mg (13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.06g (18.13%), Manganese: 1.72mg (86.02%), Selenium: 24.43µg (34.9%), Phosphorus: 276.48mg (27.65%), Fiber: 6.34g (25.37%), Magnesium: 90.17mg (22.54%), Vitamin B1: 0.27mg (17.89%), Calcium: 172.93mg (17.29%), Vitamin B2: 0.24mg (14.15%), Potassium: 440.59mg (12.59%), Iron: 2.11mg (11.72%), Vitamin B6: 0.22mg (10.93%), Zinc: 1.57mg (10.45%), Vitamin A: 498.32IU (9.97%), Copper: 0.2mg (9.92%), Vitamin B12: 0.49µg (8.15%), Vitamin B5: 0.76mg (7.63%), Vitamin B3: 1.48mg (7.39%), Vitamin D: 1.06µg (7.04%), Vitamin E: 1.01mg (6.71%), Folate: 24.98µg (6.25%), Vitamin C: 5.02mg (6.08%), Vitamin K: 4.54µg (4.32%)