



Cinnamon pancakes with compote & maple syrup

 Vegetarian

READY IN



85 min.

SERVINGS



6

CALORIES



168 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 140 g self-raising flour
- ☐ 1 tsp ground cinnamon
- ☐ 3 tbsp brown sugar
- ☐ 1 large eggs
- ☐ 300 ml milk
- ☐ 1 tsp vanilla extract
- ☐ 2 tbsp butter for frying melted

☐ 0.5 quantity apple well (see 'Goes with')

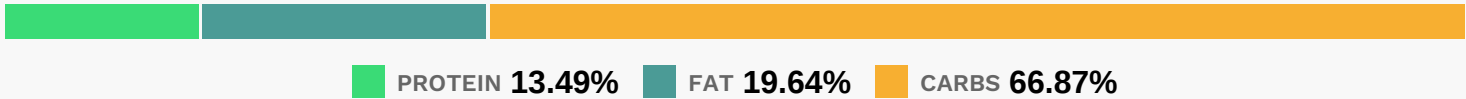
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ First make the Apple, pear & cherry compote (see 'Goes well with'). You'll need half the compote for this recipe.
- ☐ In a large bowl, whisk together the flour, cinnamon, sugar and tsp salt. In a jug, whisk the egg, milk, vanilla and melted butter. Make a well in the dry ingredients and pour in the milk mixture gradually, whisking as you go to make a smooth batter. Ideally, let the mixture stand for 1 hr (or even overnight, covered in the fridge), although you can cook with it straight away.
- ☐ Heat a non-stick frying pan over a medium-high heat. Melt a knob of butter, then drop in tbsps of the mixture to make pancakes about 10cm across. Cook for 2-3 mins until bubbles appear on the surface, then flip over and cook for 1 min more. Keep each batch warm while you use up the rest of the batter. Stack up the pancakes and serve with hot or cold compote, maple syrup and yogurt.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:12.44, Inflammation Score:-2, Nutrition Score:4.8634782563085%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 167.65kcal (8.38%), Fat: 3.63g (5.58%), Saturated Fat: 1.77g (11.06%), Carbohydrates: 27.81g (9.27%), Net Carbohydrates: 26.66g (9.69%), Sugar: 10.08g (11.2%), Cholesterol: 39.22mg (13.07%), Sodium: 39.92mg (1.74%), Alcohol: 0.24g (100%), Alcohol %: 0.28% (100%), Protein: 5.61g (11.22%), Selenium: 12.9µg (18.42%), Manganese: 0.28mg (13.78%), Phosphorus: 93.67mg (9.37%), Calcium: 82.13mg (8.21%), Vitamin B2: 0.13mg (7.55%), Vitamin B12: 0.35µg (5.9%), Vitamin D: 0.73µg (4.89%), Fiber: 1.15g (4.62%), Vitamin B5: 0.44mg (4.42%), Potassium: 139.52mg (3.99%), Magnesium: 14.68mg (3.67%), Vitamin B1: 0.05mg (3.58%), Zinc: 0.53mg (3.56%), Vitamin A: 162.13IU (3.24%), Vitamin B6: 0.06mg (3.19%), Folate: 12.19µg (3.05%), Copper: 0.06mg (2.89%), Iron: 0.45mg (2.52%), Vitamin E: 0.27mg (1.77%), Vitamin B3: 0.32mg (1.62%)