



Cornmeal and Currant Griddlecakes with Apple-Cinnamon Syrup

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



621 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup apple jelly
- ☐ 2 cups apple juice
- ☐ 2 teaspoons double-acting baking powder
- ☐ 1 teaspoon baking soda
- ☐ 3 inch cinnamon sticks
- ☐ 0.5 cup cornmeal
- ☐ 0.3 cup currants dried

- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.3 cups yogurt plain
- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 0.5 stick butter unsalted melted

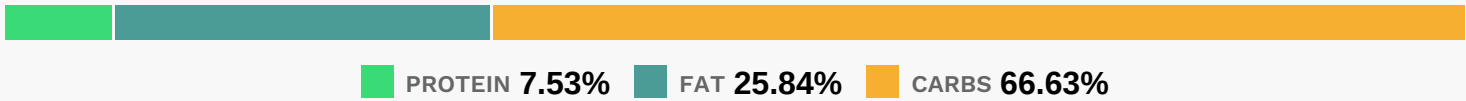
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Boil syrup ingredients in a large saucepan until reduced to 3/4 cup.
- ☐ Whisk together flour, cornmeal, sugar, baking powder, baking soda, and salt in a large bowl, then stir in currants. Stir together yogurt and eggs with a fork in another bowl and stir into flour mixture with melted butter just until incorporated.
- ☐ Heat a lightly greased large nonstick skillet over moderately low heat until hot.
- ☐ Pour 1/4-cup measures of batter into skillet in batches, forming 3 1/2-inch cakes, and cook about 3 minutes, or until undersides are golden. Turn and cook 1 minute more, or until golden.
- ☐ Transfer to a baking sheet and keep warm in a 250°F oven while cooking remaining cakes.
- ☐ Serve griddlecakes with warm syrup.

Nutrition Facts



Properties

Glycemic Index:112.59, Glycemic Load:57.01, Inflammation Score:-6, Nutrition Score:15.598695905312%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg, Epicatechin: 5.84mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 621.35kcal (31.07%), Fat: 18.05g (27.77%), Saturated Fat: 9.94g (62.14%), Carbohydrates: 104.75g (34.92%), Net Carbohydrates: 100.39g (36.51%), Sugar: 53.08g (58.98%), Cholesterol: 133.32mg (44.44%), Sodium: 655.85mg (28.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.84g (23.67%), Manganese: 0.65mg (32.4%), Selenium: 22.43µg (32.04%), Vitamin B2: 0.47mg (27.83%), Phosphorus: 277.03mg (27.7%), Calcium: 270.06mg (27.01%), Vitamin B1: 0.39mg (26%), Folate: 87.4µg (21.85%), Iron: 3.39mg (18.85%), Fiber: 4.36g (17.43%), Potassium: 509.03mg (14.54%), Vitamin B3: 2.73mg (13.64%), Magnesium: 53.82mg (13.46%), Vitamin B6: 0.27mg (13.3%), Zinc: 1.73mg (11.54%), Vitamin A: 575.99IU (11.52%), Copper: 0.22mg (10.84%), Vitamin B5: 1.03mg (10.29%), Vitamin B12: 0.53µg (8.83%), Vitamin C: 5.83mg (7.07%), Vitamin E: 0.82mg (5.48%), Vitamin D: 0.79µg (5.26%), Vitamin K: 1.98µg (1.89%)