



## Dutch Baby Apple Pancake

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



465 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 teaspoon cinnamon
- 4 servings confectioners' sugar
- 3 large eggs
- 0.5 cup flour all-purpose
- 2 granny smith apples cored peeled sliced
- 0.5 cup half-and-half
- 2 tablespoons juice of lemon
- 3 tablespoons brown sugar light packed

- 0.3 teaspoon salt
- 6 tablespoons butter unsalted melted
- 0.5 teaspoon vanilla extract
- 0.3 cup walnuts chopped

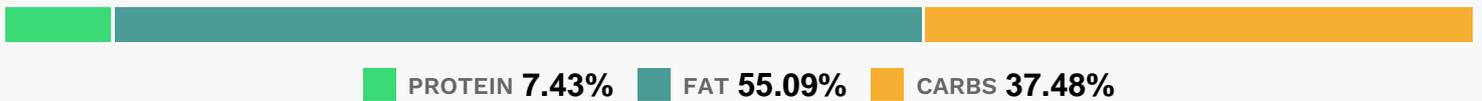
## Equipment

- frying pan
- oven
- blender

## Directions

- Preheat oven to 375F. In a blender, process half-and-half, eggs, vanilla and 2 Tbsp. butter until smooth. Blend in flour, salt and 1/4 tsp. cinnamon.
- In a 10-inch nonstick skillet, mix remaining butter and cinnamon with brown sugar and lemon juice. Bring to a boil over medium-high heat, stirring. Stir in apples, reduce heat to low and simmer, stirring often, until apples are tender and liquid has thickened, about 7 minutes.
- Pour batter from blender over apple mixture; sprinkle with nuts, if desired.
- Bake until set and top is golden, 25 to 30 minutes.
- Sprinkle with confectioners' sugar, if desired.

## Nutrition Facts



## Properties

Glycemic Index:33, Glycemic Load:12.05, Inflammation Score:-6, Nutrition Score:10.992608567943%

## Flavonoids

Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg, Cyanidin: 1.63mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg

