



## Egnog Pancakes

 Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



286 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup water
- 0.5 cup brown sugar packed
- 1 teaspoon ground cinnamon
- 4 medium apples i use 2 granny smith apples peeled sliced thin
- 1.5 cups eggnog
- 0.5 teaspoon nutmeg
- 2 cups frangelico

### Equipment

frying pan

sauce pan

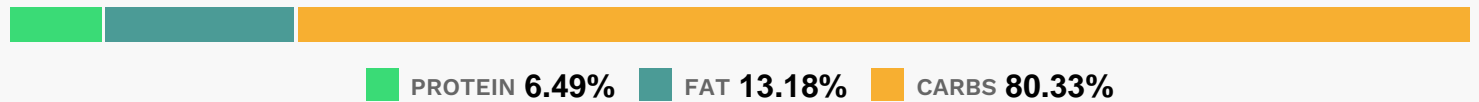
## Directions

In 3-quart saucepan, heat water, brown sugar and cinnamon over medium-high heat. Stir until sugar is dissolved and mixture begins to boil. Reduce heat, and add apples. Cook uncovered about 20 minutes or until apples are softened.

Stir together pancake ingredients until blended.

Pour slightly less than 1/4 cupfuls batter onto hot greased griddle. Cook until edges are dry. Turn; cook until golden.

## Nutrition Facts



## Properties

Glycemic Index:40.5, Glycemic Load:10.91, Inflammation Score:-4, Nutrition Score:7.2526085895041%

## Flavonoids

Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg, Cyanidin: 2.86mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg, Epicatechin: 13.7mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

## Nutrients (% of daily need)

Calories: 285.51kcal (14.28%), Fat: 4.4g (6.77%), Saturated Fat: 2.58g (16.15%), Carbohydrates: 60.29g (20.1%), Net Carbohydrates: 55.6g (20.22%), Sugar: 53.35g (59.28%), Cholesterol: 56.2mg (18.73%), Sodium: 62.52mg (2.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.87g (9.75%), Fiber: 4.69g (18.74%), Calcium: 163.93mg (16.39%), Vitamin B2: 0.23mg (13.45%), Phosphorus: 125.79mg (12.58%), Vitamin C: 9.83mg (11.91%), Potassium: 391.51mg (11.19%), Manganese: 0.18mg (9.03%), Magnesium: 30.73mg (7.68%), Vitamin D: 1.14µg (7.62%), Vitamin B12: 0.43µg (7.14%), Vitamin B6: 0.13mg (6.74%), Selenium: 4.35µg (6.21%), Vitamin A: 296.23IU (5.92%), Vitamin B5: 0.55mg (5.46%), Vitamin B1: 0.06mg (4.29%), Vitamin K: 4.45µg (4.23%), Copper: 0.08mg (4.17%), Iron: 0.65mg (3.63%), Vitamin E: 0.54mg (3.59%), Zinc: 0.54mg (3.58%), Folate: 6.91µg (1.73%), Vitamin B3: 0.31mg (1.53%)