



German Apple Pancake

READY IN



45 min.

SERVINGS



6

CALORIES



197 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 teaspoon double-acting baking powder
- 2 tablespoons butter melted
- 1 cup egg substitute
- 1 cup milk fat-free
- 2.3 ounces flour all-purpose
- 1 cup apples i use 2 granny smith apples thinly sliced
- 0.5 cup granulated sugar divided
- 1 tablespoon granulated sugar
- 0.5 teaspoon ground cinnamon

- 0.1 teaspoon nutmeg whole grated
- 0.5 teaspoon nutmeg whole grated
- 1 tablespoon powdered sugar
- 0.1 teaspoon salt
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- spatula
- measuring cup

Directions

- To prepare batter, lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, baking powder, 1 tablespoon granulated sugar, salt, and 1/8 teaspoon nutmeg in a medium bowl, stirring with a whisk.
- Combine egg substitute, milk, butter, and vanilla in a small bowl, stirring with a whisk.
- Add egg substitute mixture to flour mixture, stirring with a whisk.
- Let stand 30 minutes.
- Preheat oven to 42
- To prepare apple mixture, coat bottom and sides of a 10-inch ovenproof skillet with cooking spray.
- Combine 1/4 cup granulated sugar, cinnamon, and 1/2 teaspoon nutmeg; sprinkle evenly over bottom and sides of pan. Arrange apple in an even spokelike layer in pan.
- Sprinkle apple with remaining 1/4 cup granulated sugar. Cook over medium heat 8 minutes or until mixture bubbles. Slowly pour batter over apple mixture.

- Bake at 425 for 15 minutes. Reduce oven temperature to 375 (do not remove pancake from oven); bake an additional 13 minutes or until center is set. Carefully loosen pancake with a spatula. Gently slide pancake onto a serving platter. Sift powdered sugar over top.
- Cut into 6 wedges; serve immediately.

Nutrition Facts



Properties

Glycemic Index:94.57, Glycemic Load:20.45, Inflammation Score:-4, Nutrition Score:7.0134782687477%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 196.73kcal (9.84%), Fat: 4.09g (6.3%), Saturated Fat: 2.5g (15.6%), Carbohydrates: 34.12g (11.37%), Net Carbohydrates: 33.2g (12.07%), Sugar: 25.14g (27.93%), Cholesterol: 11.26mg (3.75%), Sodium: 210.87mg (9.17%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Protein: 6.61g (13.22%), Selenium: 21.12µg (30.17%), Vitamin B2: 0.27mg (16%), Calcium: 109.01mg (10.9%), Vitamin B1: 0.16mg (10.6%), Phosphorus: 95.28mg (9.53%), Vitamin B5: 0.88mg (8.75%), Iron: 1.38mg (7.66%), Vitamin D: 1.09µg (7.26%), Folate: 27.6µg (6.9%), Vitamin B12: 0.38µg (6.35%), Manganese: 0.12mg (6.05%), Vitamin A: 301.87IU (6.04%), Potassium: 191.09mg (5.46%), Vitamin E: 0.79mg (5.28%), Vitamin B6: 0.09mg (4.55%), Zinc: 0.67mg (4.49%), Vitamin B3: 0.76mg (3.8%), Magnesium: 15.03mg (3.76%), Fiber: 0.92g (3.68%), Copper: 0.04mg (1.76%), Vitamin C: 1.17mg (1.42%)