



German Apple Pancake

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



195 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.7 cup apples unsweetened canned sliced
- ☐ 1 eggs lightly beaten
- ☐ 0.3 cup flour all-purpose
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 1 tablespoon powdered sugar sifted
- ☐ 0.3 cup skim milk
- ☐ 1.5 teaspoons sugar
- ☐ 2 teaspoons sugar

- ☐ 0.3 teaspoon vanilla extract
- ☐ 0.5 teaspoon vegetable oil
- ☐ 1 teaspoon vegetable oil

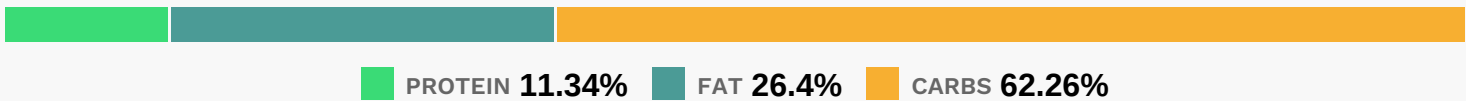
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil

Directions

- ☐ Combine first 3 ingredients in a small saucepan, stirring well. Cook over medium-heat until thoroughly heated.
- ☐ Drain; set aside, and keep warm.
- ☐ Combine flour and sugar, stirring well.
- ☐ Combine milk and next 3 ingredients; add to dry ingredients, stirring well with a wire whisk. Set aside.
- ☐ Wrap handle of an 8-inch nonstick skillet with aluminum foil; coat skillet with cooking spray.
- ☐ Add 1 teaspoon oil, and place in oven. Preheat skillet in oven at 425 for 2 to 3 minutes.
- ☐ Pour batter into hot skillet.
- ☐ Bake at 425 for 15 minutes or until puffy and browned.
- ☐ Remove pancake from skillet. Top with warm apple mixture, and sprinkle with powdered sugar.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:142.72, Glycemic Load:15.53, Inflammation Score:-3, Nutrition Score:6.2904347336811%

Flavonoids

Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg, Cyanidin: 0.65mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg, Catechin: 0.54mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg, Epicatechin: 3.14mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 194.51kcal (9.73%), Fat: 5.74g (8.83%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 30.46g (10.15%), Net Carbohydrates: 28.97g (10.53%), Sugar: 16.97g (18.85%), Cholesterol: 82.76mg (27.59%), Sodium: 44.73mg (1.94%), Alcohol: 0.17g (100%), Alcohol %: 0.17% (100%), Protein: 5.55g (11.1%), Selenium: 12.73µg (18.19%), Vitamin B2: 0.23mg (13.61%), Vitamin B1: 0.16mg (10.38%), Folate: 40.8µg (10.2%), Phosphorus: 97.9mg (9.79%), Manganese: 0.15mg (7.58%), Vitamin K: 7.28µg (6.93%), Iron: 1.18mg (6.54%), Vitamin B12: 0.37µg (6.22%), Fiber: 1.49g (5.95%), Calcium: 59.01mg (5.9%), Vitamin B5: 0.54mg (5.41%), Vitamin D: 0.78µg (5.18%), Vitamin B3: 1.02mg (5.08%), Potassium: 144.3mg (4.12%), Vitamin A: 204.14IU (4.08%), Vitamin B6: 0.08mg (3.97%), Vitamin E: 0.59mg (3.96%), Zinc: 0.55mg (3.68%), Magnesium: 11.97mg (2.99%), Copper: 0.05mg (2.59%), Vitamin C: 1.92mg (2.33%)