



## German Pancakes I

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 16 ounces apple sauce
- 3 tablespoons blanched slivered almonds
- 0.3 cup butter
- 3 eggs lightly beaten
- 1.3 cups flour all-purpose
- 2 cups milk
- 4 ounces raisins
- 0.5 teaspoon salt

2 tablespoons sugar white

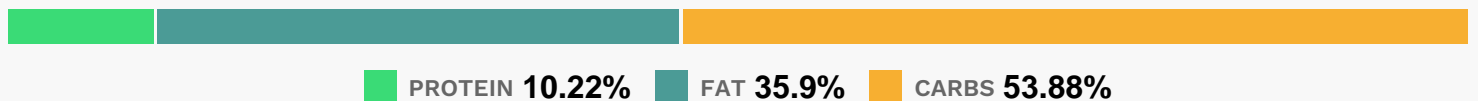
## Equipment

- bowl
- frying pan
- oven
- baking pan
- spatula

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- In a medium bowl, prepare pancake batter by blending flour, 2 eggs, 1/4 teaspoon salt and 1 cup milk.
- Heat a lightly greased griddle or medium skillet over medium heat.
- Pour approximately 1/8 of the batter onto the griddle. Flip with a metal spatula when bubbles begin to form, and cook until golden brown. Repeat with remaining batter, making 8 pancakes.
- Place applesauce in a medium bowl, and mix in raisins.
- Spread the applesauce mixture over one side of each pancake.
- Roll pancakes jelly roll style, and cut in half vertically. Arrange pancake halves cut side down in a medium baking dish.
- In a small bowl, mix remaining egg, salt and milk with sugar and almonds.
- Pour mixture over the pancakes.
- Dot pancakes with butter, and bake 40 minutes in the preheated oven.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:36.49, Glycemic Load:19.94, Inflammation Score:-4, Nutrition Score:8.9943477640981%

## Flavonoids

Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg, Epicatechin: 3.07mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

## Nutrients (% of daily need)

Calories: 281.6kcal (14.08%), Fat: 11.58g (17.81%), Saturated Fat: 5.51g (34.41%), Carbohydrates: 39.09g (13.03%), Net Carbohydrates: 36.61g (13.31%), Sugar: 11.54g (12.83%), Cholesterol: 83.95mg (27.98%), Sodium: 243.8mg (10.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.41g (14.83%), Vitamin B2: 0.33mg (19.32%), Selenium: 13.31µg (19.01%), Vitamin B1: 0.23mg (15.48%), Phosphorus: 148.58mg (14.86%), Manganese: 0.26mg (13.08%), Folate: 47.67µg (11.92%), Calcium: 104.11mg (10.41%), Iron: 1.82mg (10.11%), Fiber: 2.49g (9.94%), Potassium: 320.57mg (9.16%), Vitamin E: 1.36mg (9.08%), Vitamin B12: 0.49µg (8.14%), Vitamin B3: 1.57mg (7.85%), Vitamin A: 381.9IU (7.64%), Magnesium: 29.75mg (7.44%), Copper: 0.14mg (6.88%), Vitamin D: 1µg (6.67%), Vitamin B5: 0.62mg (6.15%), Vitamin B6: 0.12mg (6.02%), Zinc: 0.76mg (5.07%), Vitamin C: 1.33mg (1.62%), Vitamin K: 1.07µg (1.02%)