



Gingerbread Pancakes with Butterscotch Apples

 Vegetarian

READY IN



40 min.

SERVINGS



4

CALORIES



460 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 1 large eggs
- ☐ 0.3 cup granulated sugar
- ☐ 1.3 teaspoons ground cinnamon
- ☐ 1.5 tablespoons ground ginger
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.3 cup brown sugar light packed

- ☐ 3 tablespoons blackstrap molasses
- ☐ 1 pound delicious apples peeled sliced
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup unbleached all purpose flour
- ☐ 2 tablespoons butter unsalted
- ☐ 1.5 teaspoons vanilla extract
- ☐ 3 tablespoons vegetable oil plus more for cooking the pancakes

Equipment

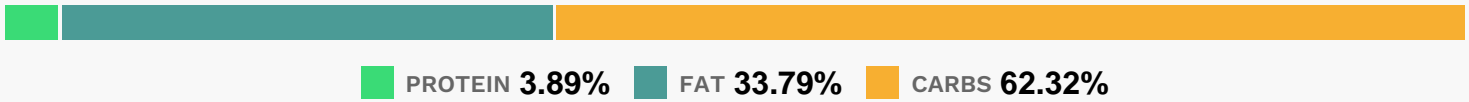
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ measuring cup

Directions

- ☐ Preheat the oven to 200°F. Melt the butter in a large skillet over medium heat.
- ☐ Add the apples and cook, stirring occasionally, until tender, about 10 minutes. Stir in the brown sugar, 2 tablespoons water, the lemon juice, 1/4 teaspoon cinnamon, and 1/4 teaspoon salt. Cook until the mixture bubbles.
- ☐ Remove from the heat and stir in the vanilla; transfer to a serving dish and set aside.
- ☐ Meanwhile, in a small bowl stir together the flour, granulated sugar, ginger, remaining 1 teaspoon cinnamon, the baking powder, and remaining 1/4 teaspoon salt in a small bowl.
- ☐ Combine 1/4 cup water, the egg, molasses, and 3 tablespoons oil in a glass measuring cup; add to the flour mixture and stir with a fork until the mixture is just combined but not smooth.
- ☐ Add additional water if necessary to reach the consistency of pancake batter.
- ☐ Brush a nonstick skillet with a little oil; heat over medium-low heat.
- ☐ Add the gingerbread mixture to the skillet a generous tablespoonful at a time and spread to make a 2 1/2-inch round; cook until lightly browned, about 3 minutes. Turn and brown on the other side, 3 to 4 minutes. Repeat until all the batter has been used. Keep the pancakes warm in the oven until all have been cooked.

- ☐ To serve, divide the pancakes among dessert plates and top each serving with some of the apples.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ From Sara's Secrets for Weeknight Meals by Sara Moulton Copyright (c) 2005, by Sara Moulton. Published by Broadway Books.A graduate of the Culinary Institute of America, Sara Moulton currently hosts the Television Food Network's brand-new series Sara's Secret's as well as Cooking Live with Sara Moulton. She also serves as executive chef for Gourmet and food editor for Good Morning America, appearing on the show frequently. She lives in New York City with her husband and two children.

Nutrition Facts



Properties

Glycemic Index:60.77, Glycemic Load:17.93, Inflammation Score:-5, Nutrition Score:12.306521840717%

Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 459.62kcal (22.98%), Fat: 17.64g (27.14%), Saturated Fat: 5.67g (35.41%), Carbohydrates: 73.21g (24.4%), Net Carbohydrates: 69.24g (25.18%), Sugar: 49.29g (54.76%), Cholesterol: 61.55mg (20.52%), Sodium: 374.07mg (16.26%), Alcohol: 0.52g (100%), Alcohol %: 0.3% (100%), Protein: 4.57g (9.15%), Manganese: 1.18mg (59.02%), Selenium: 15.83µg (22.62%), Vitamin K: 22.06µg (21.01%), Fiber: 3.96g (15.85%), Iron: 2.74mg (15.24%), Vitamin B1: 0.22mg (14.46%), Magnesium: 54.94mg (13.73%), Folate: 53.55µg (13.39%), Vitamin B2: 0.21mg (12.52%), Potassium: 436.57mg (12.47%), Vitamin B6: 0.2mg (9.96%), Calcium: 99.64mg (9.96%), Vitamin E: 1.41mg (9.37%), Vitamin B3:

1.85mg (9.26%), Phosphorus: 84.31mg (8.43%), Copper: 0.17mg (8.4%), Vitamin C: 6.7mg (8.13%), Vitamin A: 306.77IU (6.14%), Vitamin B5: 0.53mg (5.27%), Zinc: 0.51mg (3.4%), Vitamin D: 0.35µg (2.37%), Vitamin B12: 0.12µg (2.05%)