



## Green Apple-Sourdough Pancakes

 Vegetarian

READY IN



40 min.

SERVINGS



12

CALORIES



210 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 packet active yeast dry
- 0.5 cup apple cider
- 1 teaspoon baking soda
- 1 large eggs slightly beaten
- 0.5 cup flour all-purpose
- 1 cup flour all-purpose
- 12 servings granny smith) diced unpeeled
- 3 tablespoons brown sugar light packed

- 12 servings maple syrup for serving
- 1 small baking apples are apples that have a sweet-tart balance and hold their shape when green
- 1 tablespoons butter unsalted
- 2 tablespoons butter unsalted melted
- 1 cup milk whole

## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- plastic wrap

## Directions

- Make the sourdough starter: Warm the milk in a small saucepan over low heat to about 110 degrees F.
- Transfer to a medium bowl, sprinkle with the yeast and let stand until foamy, about 5 minutes.
- Whisk in the cider, brown sugar, butter and 1 cup flour until smooth. Cover with plastic wrap and let stand at room temperature overnight.
- Whisk 1/2 cup flour, the egg, baking soda and apple into the sourdough starter. Melt 1 tablespoon butter in a cast-iron griddle or nonstick skillet over medium heat and swirl to coat.
- Pour about 1/4 cup batter onto the griddle for each pancake. Cook until the tops are bubbly and the edges set, about 3 minutes, then flip and cook until golden and cooked through, 1 to 2 more minutes. Repeat with the remaining batter, adding more butter as needed.
- Drizzle with syrup and garnish with pecans, if desired.
- Photograph by Kana Okada

## Nutrition Facts



■ PROTEIN 5.91% ■ FAT 17.67% ■ CARBS 76.42%

## Properties

Glycemic Index:27.44, Glycemic Load:17.08, Inflammation Score:-3, Nutrition Score:6.8526087429212%

## Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg, Catechin: 1.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 6.1mg, Epicatechin: 6.1mg, Epicatechin: 6.1mg, Epicatechin: 6.1mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

## Nutrients (% of daily need)

Calories: 209.96kcal (10.5%), Fat: 4.2g (6.46%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 40.89g (13.63%), Net Carbohydrates: 38.58g (14.03%), Sugar: 24.67g (27.41%), Cholesterol: 25.47mg (8.49%), Sodium: 109.47mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.16g (6.32%), Manganese: 0.61mg (30.25%), Vitamin B2: 0.41mg (24.25%), Vitamin B1: 0.2mg (13.06%), Selenium: 7.07µg (10.1%), Folate: 39.76µg (9.94%), Fiber: 2.32g (9.27%), Calcium: 60.19mg (6.02%), Vitamin B3: 1.16mg (5.8%), Phosphorus: 57.41mg (5.74%), Potassium: 195.68mg (5.59%), Iron: 0.95mg (5.28%), Vitamin C: 3.54mg (4.29%), Magnesium: 15.31mg (3.83%), Vitamin A: 183.46IU (3.67%), Vitamin B6: 0.06mg (3.23%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.45mg (2.97%), Vitamin B12: 0.15µg (2.55%), Copper: 0.05mg (2.52%), Vitamin D: 0.36µg (2.4%), Vitamin K: 2.01µg (1.92%), Vitamin E: 0.28mg (1.87%)