



Light and Fluffy Baked Apple Pancake

 Vegetarian

READY IN



45 min.

SERVINGS



25

CALORIES



65 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 4 large eggs separated (large)
- ☐ 1 cup flour all-purpose
- ☐ 1 teaspoon juice of lemon freshly squeezed
- ☐ 0.3 cup maple syrup warmed pure for serving
- ☐ 1 cup milk
- ☐ 2 golden delicious apples cored peeled halved sliced
- ☐ 1 pinch salt

- ☐ 3 tablespoons sugar
- ☐ 2 tablespoons butter unsalted

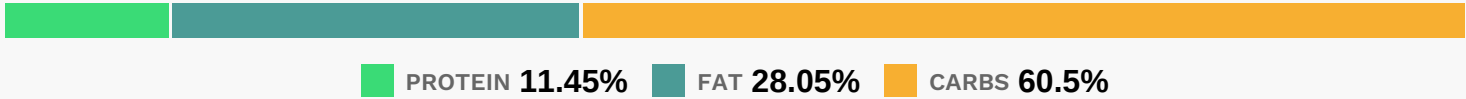
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ hand mixer
- ☐ measuring cup

Directions

- ☐ Preheat the oven to 37
- ☐ In a 10 1/2-inch nonstick ovenproof skillet, melt the butter.
- ☐ Add the apples, 1 tablespoon of the sugar and the lemon juice and cook over moderately high heat, stirring occasionally, until the apples are golden, about 6 minutes.
- ☐ Add the 1/4 cup of maple syrup and simmer over low heat until thickened, about 1 minute.
- ☐ Spread the apples in an even layer and remove the pan from the heat.
- ☐ In a medium bowl, whisk the flour with the baking powder and salt. In a measuring cup, whisk the egg yolks with the milk and the remaining 2 tablespoons of sugar.
- ☐ Whisk the liquid into the dry ingredients.
- ☐ In a medium bowl, using a handheld electric mixer, beat the egg whites at medium speed until firm peaks form, about 2 minutes. Fold the beaten whites into the batter and scrape it over the apples; spread the batter to the edge.
- ☐ Bake the pancake in the upper third of the oven for about 20 minutes, until it is golden, puffed and set.
- ☐ Let the pancake cool for 5 minutes. Run a knife around the edge to loosen the pancake, then invert it onto a serving plate. Replace any apples that may have stuck to the pan.
- ☐ Cut the pancake into wedges and serve at once with the warmed maple syrup.

Nutrition Facts



Properties

Glycemic Index:13.74, Glycemic Load:5.3, Inflammation Score:-1, Nutrition Score:2.3952173797981%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg, Epicatechin: 1.1mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg, Hesperetin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 65.46kcal (3.27%), Fat: 2.06g (3.17%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 9.52g (3.46%), Sugar: 5.4g (6%), Cholesterol: 33.34mg (11.11%), Sodium: 34.25mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.89g (3.79%), Vitamin B2: 0.12mg (7.06%), Selenium: 4.36µg (6.22%), Manganese: 0.12mg (5.8%), Phosphorus: 36.49mg (3.65%), Vitamin B1: 0.05mg (3.51%), Folate: 13.42µg (3.36%), Calcium: 31.32mg (3.13%), Iron: 0.41mg (2.29%), Vitamin B12: 0.13µg (2.1%), Fiber: 0.49g (1.94%), Vitamin B5: 0.19mg (1.91%), Vitamin A: 94.87IU (1.9%), Vitamin D: 0.28µg (1.89%), Vitamin B3: 0.33mg (1.64%), Potassium: 54.39mg (1.55%), Zinc: 0.21mg (1.39%), Vitamin B6: 0.03mg (1.39%), Magnesium: 4.71mg (1.18%)