



## Mini Apple Pie Pancake Kabobs

 Gluten Free

READY IN



25 min.

SERVINGS



7

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup milk
- 1 eggs
- 0.5 cup apples i use 2 granny smith apples chopped
- 0.5 teaspoon ground cinnamon
- 1 pinch nutmeg
- 1 teaspoon vanilla
- 1 serving butter for skillet or griddle, as desired
- 4 bamboo skewers cut in half (10-inch)

1 serving whipped cream for garnish

1 cup frangelico

## Equipment

bowl

frying pan

skewers

## Directions

In large bowl, mix Bisquick mix, milk, egg, apples, cinnamon, nutmeg and vanilla until just combined.

Heat 10-inch cast-iron skillet or griddle over medium heat. Lightly coat inside of skillet with butter.

Drop tablespoonfuls of batter into skillet; cook until edges are dry and bubbles begin to form on the surface. Turn and cook until golden brown. Repeat with remaining batter, adding more butter as needed to keep skillet lightly greased.

Place 4 to 5 pancakes on each skewer with dollops of whipped cream between each pancake. Top with syrup, and serve.

## Nutrition Facts



**PROTEIN 17.17%** **FAT 53.41%** **CARBS 29.42%**

## Properties

Glycemic Index:40.29, Glycemic Load:0.73, Inflammation Score:-1, Nutrition Score:1.473913040498%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg, Epicatechin: 0.67mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 34.27kcal (1.71%), Fat: 2g (3.07%), Saturated Fat: 1.05g (6.55%), Carbohydrates: 2.47g (0.83%), Net Carbohydrates: 2.15g (0.78%), Sugar: 1.99g (2.21%), Cholesterol: 27.66mg (9.22%), Sodium: 20.43mg (0.89%), Alcohol: 0.2g (100%), Alcohol %: 0.7% (100%), Protein: 1.44g (2.89%), Vitamin B2: 0.06mg (3.34%), Selenium: 2.29µg (3.27%), Phosphorus: 32.54mg (3.25%), Calcium: 28.33mg (2.83%), Vitamin B12: 0.15µg (2.56%), Vitamin D: 0.32µg (2.14%), Manganese: 0.04mg (1.84%), Vitamin A: 91.36IU (1.83%), Vitamin B5: 0.17mg (1.71%), Potassium: 48.22mg (1.38%), Vitamin B6: 0.03mg (1.34%), Fiber: 0.33g (1.31%), Zinc: 0.17mg (1.13%)