



Mini German Pancake Puffs with Cinnamon Apples

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



382 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 1 cup milk
- ☐ 2 tablespoons granulated sugar
- ☐ 1 teaspoon vanilla
- ☐ 3 eggs
- ☐ 0.3 cup butter melted
- ☐ 3 medium apples i use 2 granny smith apples peeled cut into 1/4-inch pieces (3 cups)
- ☐ 6 tablespoons butter

- ☐ 0.5 cup brown sugar light packed
- ☐ 2 teaspoons ground cinnamon
- ☐ 1 cup corn flakes/bran flakes
- ☐ 1 cup frangelico

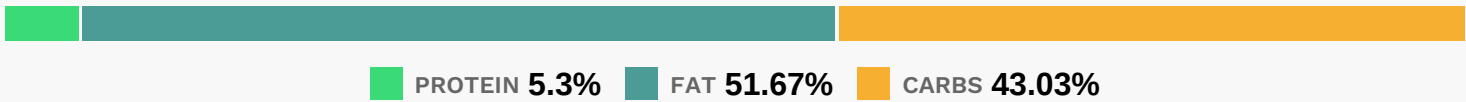
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ microwave
- ☐ muffin liners

Directions

- ☐ Heat oven to 400°F. Spray 12 regular-size muffin cups with cooking spray.
- ☐ In medium bowl, stir milk, granulated sugar, vanilla and eggs with whisk until smooth.
- ☐ Add Bisquick mix and melted butter; stir until smooth.
- ☐ Pour 1/4 cup batter into each muffin cup.
- ☐ Bake 15 to 17 minutes or until puffy and golden on top.
- ☐ Meanwhile, in medium microwavable bowl, stir together apples, 6 tablespoons butter, the brown sugar and cinnamon. Microwave uncovered on High 3 to 5 minutes, stirring halfway through cooking time, until apples are soft. Cover to keep warm.
- ☐ Cool pancake puffs 1 minute; remove from pan. To serve, plate 2 puffs on each plate. Top with warm cinnamon apples and cereal.

Nutrition Facts



Properties

Glycemic Index:52.89, Glycemic Load:9.85, Inflammation Score:-7, Nutrition Score:10.196956551593%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg, Epigallocatechin 3–gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 381.88kcal (19.09%), Fat: 22.73g (34.98%), Saturated Fat: 13.56g (84.73%), Carbohydrates: 42.59g (14.2%), Net Carbohydrates: 38.83g (14.12%), Sugar: 34.63g (38.48%), Cholesterol: 137.16mg (45.72%), Sodium: 239.74mg (10.42%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Protein: 5.25g (10.5%), Manganese: 0.41mg (20.37%), Vitamin A: 988.68IU (19.77%), Vitamin B2: 0.28mg (16.66%), Selenium: 11.53µg (16.47%), Fiber: 3.76g (15.03%), Folate: 58.46µg (14.62%), Iron: 2.55mg (14.19%), Phosphorus: 131.41mg (13.14%), Vitamin B12: 0.79µg (13.14%), Vitamin B6: 0.22mg (11.11%), Calcium: 98.37mg (9.84%), Vitamin B1: 0.14mg (9.01%), Magnesium: 29.94mg (7.48%), Vitamin D: 1.11µg (7.38%), Potassium: 258.22mg (7.38%), Vitamin E: 1.03mg (6.84%), Vitamin B5: 0.65mg (6.55%), Vitamin B3: 1.3mg (6.49%), Zinc: 0.86mg (5.73%), Vitamin C: 4.21mg (5.1%), Copper: 0.09mg (4.29%), Vitamin K: 4.13µg (3.94%)