

Mom's Applesauce Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



219 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 cup apple sauce
- 2 eggs
- 1 teaspoon ground cinnamon
- 1 teaspoon juice of lemon
- 0.5 cup milk
- 2 cups pancake mix dry

Equipment

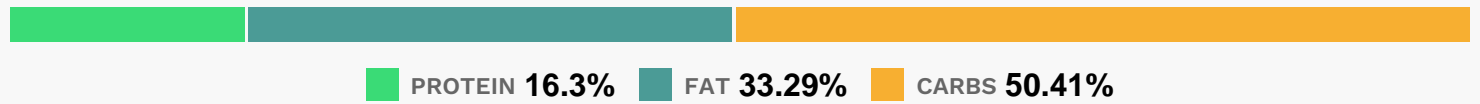
- bowl

frying pan

Directions

- In a large bowl, stir together pancake mix and cinnamon. Make a well in the center of the pancake mix.
- Add the eggs, applesauce, lemon juice and milk; stir until smooth.
- Heat a lightly oiled griddle or frying pan over medium high heat.
- Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.55, Inflammation Score:-3, Nutrition Score:8.9091303529947%

Flavonoids

Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg, Epicatechin: 3.3mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 218.59kcal (10.93%), Fat: 8.14g (12.53%), Saturated Fat: 2.59g (16.2%), Carbohydrates: 27.75g (9.25%), Net Carbohydrates: 25.57g (9.3%), Sugar: 7.32g (8.13%), Cholesterol: 131.65mg (43.88%), Sodium: 372.36mg (16.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.94%), Phosphorus: 281.29mg (28.13%), Vitamin B2: 0.36mg (21.38%), Selenium: 13.9µg (19.86%), Calcium: 197.11mg (19.71%), Vitamin B1: 0.17mg (11.52%), Manganese: 0.2mg (10.06%), Vitamin B12: 0.58µg (9.69%), Folate: 35.85µg (8.96%), Fiber: 2.18g (8.7%), Vitamin B5: 0.81mg (8.08%), Iron: 1.41mg (7.85%), Potassium: 254.04mg (7.26%), Vitamin B6: 0.14mg (7.1%), Vitamin A: 349.95IU (7%), Zinc: 0.92mg (6.16%), Magnesium: 22.81mg (5.7%), Vitamin D: 0.78µg (5.17%), Vitamin B3: 0.91mg (4.54%), Copper: 0.07mg (3.25%), Vitamin E: 0.36mg (2.38%), Vitamin C: 1.5mg (1.82%)