



## Pancake Soufflé with Caramelized Apples

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



312 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2.5 tablespoons butter divided
- 2 large egg whites
- 2 large eggs
- 0.8 cup milk fat-free
- 2.3 ounces flour all-purpose
- 1 pound apples i use 2 granny smith apples peeled sliced
- 0.1 teaspoon salt
- 0.3 cup sugar

- 2 tablespoons sugar
- 0.5 teaspoon vanilla extract

## Equipment

- frying pan
- oven
- knife
- blender
- measuring cup

## Directions

- Preheat oven to 35
- Melt 1 tablespoon butter in a large nonstick skillet over medium-high heat.
- Add apple and 2 tablespoons sugar to pan; saut 7 minutes or until lightly browned. Reduce heat, and cook 5 minutes or until browned, stirring occasionally.
- Remove from heat.
- Melt remaining 1 1/2 tablespoons butter in an 8-inch cast-iron skillet, tipping pan quickly until butter coats sides of pan.
- Pour melted butter and 1/4 cup sugar into a blender. Lightly spoon flour into a dry measuring cup; level with a knife.
- Add flour and remaining ingredients to blender; process until smooth.
- Pour batter into prepared skillet. Top evenly with apple mixture.
- Bake at 350 for 35 minutes or until a wooden pick inserted in center comes out clean.
- Cut into wedges.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:82.61, Glycemic Load:26.6, Inflammation Score:-5, Nutrition Score:8.7030434401139%

## Flavonoids

Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg, Cyanidin: 1.78mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg, Catechin: 1.47mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg, Epicatechin: 8.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg, Quercetin: 4.55mg

## Nutrients (% of daily need)

Calories: 312.36kcal (15.62%), Fat: 9.95g (15.3%), Saturated Fat: 5.36g (33.49%), Carbohydrates: 48.86g (16.29%), Net Carbohydrates: 45.71g (16.62%), Sugar: 32.9g (36.55%), Cholesterol: 113.19mg (37.73%), Sodium: 212.34mg (9.23%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 8.54g (17.08%), Selenium: 17.5µg (25%), Vitamin B2: 0.36mg (21.3%), Phosphorus: 132.95mg (13.3%), Fiber: 3.15g (12.61%), Vitamin B1: 0.18mg (12.09%), Folate: 46.18µg (11.54%), Vitamin A: 508.61IU (10.17%), Calcium: 87.37mg (8.74%), Vitamin B12: 0.52µg (8.64%), Manganese: 0.16mg (8.04%), Potassium: 279.73mg (7.99%), Iron: 1.34mg (7.44%), Vitamin B5: 0.73mg (7.27%), Vitamin D: 1.01µg (6.7%), Vitamin C: 5.22mg (6.32%), Vitamin B6: 0.12mg (6.19%), Vitamin B3: 1.14mg (5.7%), Magnesium: 19.74mg (4.94%), Zinc: 0.7mg (4.68%), Vitamin E: 0.68mg (4.53%), Copper: 0.08mg (3.9%), Vitamin K: 3.23µg (3.08%)