



Pecan Pancake with Caramel-Apple Topping

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



390 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1.5 teaspoons double-acting baking powder
- 1 teaspoon baking soda
- 0.3 cup butter melted
- 2 cups buttermilk
- 8 servings caramel-apple topping
- 2 large eggs
- 1.8 cups flour all-purpose
- 1 cup pecans toasted chopped

- 0.5 teaspoon salt
- 2 teaspoons sugar

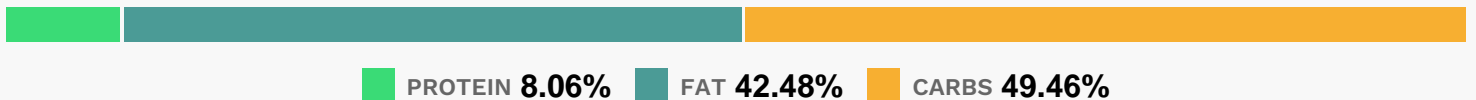
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 35
- Combine flour and next 4 ingredients in a large bowl.
- Whisk together buttermilk and eggs. Gradually stir buttermilk mixture into flour mixture. Gently stir in butter. (Do not overmix; batter will be lumpy.)
- Pour batter into a lightly greased 15- x 10-inch jelly-roll pan.
- Sprinkle with pecans.
- Bake at 350 for 25 to 30 minutes or until golden brown and done.
- Serve immediately with Caramel-Apple Topping.

Nutrition Facts



Properties

Glycemic Index:41.01, Glycemic Load:16.95, Inflammation Score:-5, Nutrition Score:11.123913014713%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg

Nutrients (% of daily need)

Calories: 390.26kcal (19.51%), Fat: 19.01g (29.24%), Saturated Fat: 6.06g (37.89%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 47.74g (17.36%), Sugar: 27.39g (30.43%), Cholesterol: 68.35mg (22.78%), Sodium: 624.96mg (27.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.12g (16.24%), Manganese: 0.83mg (41.3%), Selenium: 16.44µg (23.49%), Vitamin B1: 0.34mg (22.54%), Vitamin B2: 0.32mg (18.57%), Phosphorus: 176.76mg (17.68%), Folate: 62.92µg (15.73%), Calcium: 155.11mg (15.51%), Copper: 0.23mg (11.36%), Iron: 1.94mg (10.76%), Vitamin B3: 1.84mg (9.2%), Fiber: 2.05g (8.19%), Magnesium: 32.35mg (8.09%), Zinc: 1.2mg (8.03%), Vitamin B12: 0.47µg (7.86%), Vitamin A: 387.4IU (7.75%), Vitamin B5: 0.73mg (7.28%), Vitamin D: 1.03µg (6.87%), Potassium: 211.67mg (6.05%), Vitamin B6: 0.08mg (4.19%), Vitamin E: 0.56mg (3.77%), Vitamin K: 1.27µg (1.21%)