



Potato Pancakes with Cinnamon Apples



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



6

CALORIES



201 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup milk
- ☐ 1 teaspoon salt
- ☐ 3 eggs
- ☐ 3 cups potatoes shredded uncooked finely
- ☐ 3 cups baking apples are apples that have a sweet-tart balance and hold their shape when unpeeled sliced (Granny Smith, Greening, Rome, Braeburn)
- ☐ 0.5 cup water
- ☐ 0.3 cup sugar
- ☐ 1 teaspoon ground cinnamon

☐ 0.5 cup frangelico

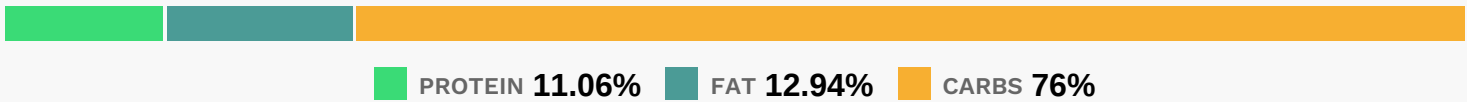
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ microwave

Directions

- ☐ In large bowl, mix Bisquick, milk, salt and eggs until blended. Stir in potatoes.
- ☐ Heat griddle or skillet over medium heat or to 375°F. (To test griddle, sprinkle with a few drops of water. If bubbles jump around, heat is just right.) Grease with butter if necessary.
- ☐ For each pancake, pour slightly less than 1/4 cup batter from cup or pitcher onto hot griddle, spreading each slightly to make 4-inch pancake. Cook until dry around edges. Turn and cook other side until golden brown. Keep pancakes warm.
- ☐ In 2-quart microwavable casserole or large microwavable bowl, mix apple slices, water, sugar and cinnamon. Cover and microwave on High 5 minutes. Uncover and stir. Microwave uncovered about 5 minutes longer or until apples are tender when pierced with fork.
- ☐ Serve with Potato Pancakes.

Nutrition Facts



Properties

Glycemic Index:38.14, Glycemic Load:23.83, Inflammation Score:-4, Nutrition Score:9.0630435425302%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg, Catechin: 0.81mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg, Epicatechin: 4.71mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.93mg, Kaempferol:

0.93mg, Kaempferol: 0.93mg, Kaempferol: 0.93mg Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg, Quercetin: 3.24mg

Nutrients (% of daily need)

Calories: 200.61kcal (10.03%), Fat: 2.98g (4.59%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 39.41g (13.14%), Net Carbohydrates: 35.42g (12.88%), Sugar: 19.47g (21.64%), Cholesterol: 84.28mg (28.09%), Sodium: 434.6mg (18.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.74g (11.47%), Vitamin C: 23.57mg (28.57%), Vitamin B6: 0.39mg (19.29%), Potassium: 571.52mg (16.33%), Fiber: 3.99g (15.95%), Phosphorus: 131.04mg (13.1%), Manganese: 0.25mg (12.46%), Selenium: 7.53µg (10.76%), Vitamin B2: 0.18mg (10.63%), Magnesium: 32.76mg (8.19%), Vitamin B1: 0.11mg (7.66%), Vitamin B5: 0.76mg (7.63%), Copper: 0.15mg (7.58%), Iron: 1.32mg (7.31%), Folate: 29.03µg (7.26%), Vitamin B3: 1.21mg (6.03%), Calcium: 57.96mg (5.8%), Vitamin B12: 0.31µg (5.09%), Zinc: 0.71mg (4.71%), Vitamin D: 0.66µg (4.42%), Vitamin A: 188.57IU (3.77%), Vitamin K: 3.6µg (3.43%), Vitamin E: 0.37mg (2.48%)