



Sunday Brunch: German Apple Pancake

 Vegetarian

READY IN



60 min.

SERVINGS



4

CALORIES



314 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 medium apples cored peeled cut into 1/2 inch wedges
- ☐ 0.8 teaspoon double-acting baking powder
- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 3 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon ground cinnamon
- ☐ 1 cup milk

- ☐ 0.1 teaspoon salt
- ☐ 3 tablespoons sugar

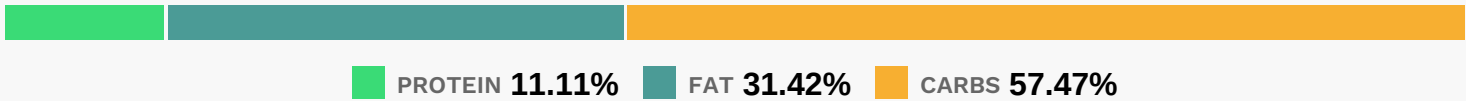
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Adjust oven rack to middle position and preheat oven to 350°F.
- ☐ Pour melted butter in pie plate and coat bottom.
- ☐ Sprinkle pie plate with brown sugar and cinnamon then arrange apple slices on top.
- ☐ Bake until apples are slightly softened, about 10 minutes.
- ☐ Meanwhile, whisk eggs and milk in large bowl.
- ☐ Add flour, salt, baking powder, and sugar, and whisk until just combined.
- ☐ Pour batter over softened apples and bake for 25 to 45 minutes, depending on size of pan and thickness of pancake. Pancake should be puffed up and a light golden brown color.

Nutrition Facts



Properties

Glycemic Index:90.52, Glycemic Load:23.82, Inflammation Score:-5, Nutrition Score:10.56521740167%

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

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: 314.3kcal (15.71%), Fat: 11.19g (17.21%), Saturated Fat: 5.83g (36.43%), Carbohydrates: 46.05g (15.35%), Net Carbohydrates: 42.97g (15.62%), Sugar: 24.49g (27.21%), Cholesterol: 145.13mg (48.38%), Sodium: 269.58mg (11.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.9g (17.8%), Selenium: 19.41µg (27.73%), Vitamin B2: 0.38mg (22.28%), Phosphorus: 180.82mg (18.08%), Vitamin B1: 0.25mg (16.48%), Calcium: 155.87mg (15.59%), Folate: 61.4µg (15.35%), Manganese: 0.29mg (14.66%), Fiber: 3.08g (12.34%), Iron: 1.93mg (10.7%), Vitamin B12: 0.63µg (10.58%), Vitamin A: 502.57IU (10.05%), Vitamin B5: 0.9mg (9.05%), Vitamin D: 1.33µg (8.87%), Vitamin B3: 1.57mg (7.84%), Potassium: 267.66mg (7.65%), Vitamin B6: 0.14mg (7.16%), Zinc: 0.89mg (5.96%), Magnesium: 21.9mg (5.48%), Vitamin C: 4.2mg (5.1%), Vitamin E: 0.73mg (4.86%), Copper: 0.09mg (4.33%), Vitamin K: 3µg (2.86%)