



## Veronica's Apple Pancakes

 Vegetarian  Popular

READY IN



35 min.

SERVINGS



4

CALORIES



325 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- 1.3 teaspoons double-acting baking powder
- 0.3 cup butter melted
- 1 eggs
- 1.3 cups flour all-purpose
- 0.3 teaspoon ground cinnamon
- 1 cup milk
- 1 cup baking apples are apples that have a sweet-tart balance and hold their shape when shredded
- 1 tablespoon sugar white

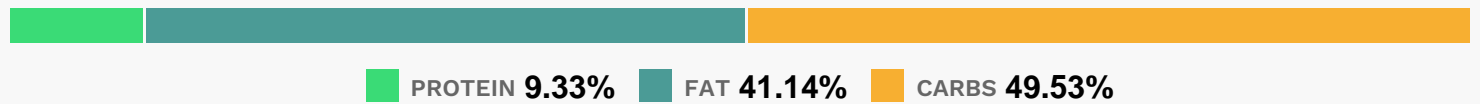
# Equipment

- bowl
- frying pan

# Directions

- In a large bowl, combine butter, egg, milk and apple. In a separate bowl, sift together flour, baking powder, cinnamon and sugar. Stir flour mixture into apple mixture, just until combined.
- 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:90.52, Glycemic Load:26.2, Inflammation Score:-5, Nutrition Score:9.9421737919683%

# Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg, Catechin: 0.41mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg, Epicatechin: 2.35mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

# Nutrients (% of daily need)

Calories: 325.01kcal (16.25%), Fat: 14.95g (23%), Saturated Fat: 8.84g (55.26%), Carbohydrates: 40.49g (13.5%), Net Carbohydrates: 38.62g (14.04%), Sugar: 9.34g (10.37%), Cholesterol: 78.74mg (26.25%), Sodium: 263.66mg (11.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.63g (15.26%), Selenium: 17.94µg (25.63%), Vitamin B1: 0.35mg (23.42%), Vitamin B2: 0.34mg (20.06%), Folate: 78.03µg (19.51%), Calcium: 167.06mg (16.71%), Phosphorus: 159.89mg (15.99%), Manganese: 0.31mg (15.25%), Iron: 2.19mg (12.19%), Vitamin B3: 2.41mg (12.07%), Vitamin A: 530.01IU (10.6%), Vitamin B12: 0.45µg (7.52%), Fiber: 1.87g (7.49%), Vitamin B5: 0.6mg (6.02%), Vitamin D: 0.89µg (5.94%), Potassium: 186.17mg (5.32%), Magnesium: 19.49mg (4.87%), Zinc: 0.69mg (4.62%), Vitamin B6: 0.09mg

(4.33%), Vitamin E: 0.56mg (3.72%), Copper: 0.07mg (3.7%), Vitamin K: 2.05µg (1.96%), Vitamin C: 1.44mg (1.75%)