



Whole-Wheat Apple Pancakes

 Vegetarian

READY IN



12 min.

SERVINGS



6

CALORIES



188 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 medium apples diced
- 2 teaspoons double-acting baking powder
- 0.5 teaspoon baking soda
- 2 large eggs
- 0.8 cup flour all-purpose
- 1 tablespoon honey
- 1 cup buttermilk low-fat
- 6 tablespoons maple syrup pure

- 0.8 cup nonfat milk
- 0.3 teaspoon salt
- 0.8 cup four whole-wheat
- 0.8 cup four whole-wheat

Equipment

- bowl
- frying pan
- baking sheet
- oven
- whisk
- plastic wrap
- microwave

Directions

- Preheat the oven to 25
- Put the apple in a microwave-safe bowl and tightly cover with plastic wrap; microwave on high until softened, about 2 minutes.
- In a large bowl, whisk the flours, baking powder, baking soda and salt. In a small bowl, whisk the buttermilk, nonfat milk, eggs and honey, then slowly add the dry ingredients, stirring until just combined.
- Heat a large nonstick griddle or skillet over medium heat. Spoon 1/4 cup batter onto the griddle for each pancake and sprinkle each with apple, then drizzle a little more batter over the apple. Cook until the tops are bubbly and the edges are dry, about 2 minutes. Flip and cook until golden brown, 1 to 2 more minutes. Keep the pancakes warm on a baking sheet in the oven while making the rest.
- Place 2 pancakes on each plate.
- Drizzle with the syrup.
- Recipe adapted from Ellie Krieger's book, *So Easy: Luscious Healthy Recipes for Every Meal of the Week* (Wiley)
- Photograph by Ngoc Ming Ngo

Nutrition Facts

PROTEIN 12.98% FAT 10.6% CARBS 76.42%

Properties

Glycemic Index:53.5, Glycemic Load:16.99, Inflammation Score:-3, Nutrition Score:8.6682608438575%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg 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: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 188.24kcal (9.41%), Fat: 2.24g (3.45%), Saturated Fat: 0.83g (5.21%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 35.21g (12.8%), Sugar: 21.58g (23.98%), Cholesterol: 64.52mg (21.51%), Sodium: 427.41mg (18.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.18g (12.36%), Vitamin B2: 0.52mg (30.49%), Manganese: 0.59mg (29.34%), Calcium: 200.74mg (20.07%), Selenium: 11.86µg (16.94%), Phosphorus: 150.93mg (15.09%), Vitamin B1: 0.18mg (11.9%), Folate: 40.02µg (10%), Iron: 1.26mg (6.99%), Vitamin B12: 0.41µg (6.9%), Potassium: 230.83mg (6.6%), Vitamin B5: 0.56mg (5.64%), Zinc: 0.79mg (5.27%), Vitamin B3: 1.04mg (5.21%), Magnesium: 19.66mg (4.92%), Fiber: 1.16g (4.64%), Vitamin D: 0.67µg (4.47%), Vitamin B6: 0.08mg (3.99%), Vitamin A: 187.65IU (3.75%), Copper: 0.05mg (2.46%), Vitamin C: 1.81mg (2.2%), Vitamin E: 0.26mg (1.73%)