

# Original Pancake House: Apple Pancake

**6 eggs**

**1½ cup milk**

**1 cup flour**

**3 T sugar**

**1 tsp vanilla**

**½ tsp salt**

**4 T butter**

**2 apples- sliced**

**½ tsp cinnamon**

**4 T brown sugar**



## Instructions

1. Preheat oven to 425 degrees.
2. Mix first group of ingredients together and blend well.
3. Place two 10" pie plates (or cast-iron skillets) in oven to warm. In the meantime, slice the apples.
4. Add the butter to the pans, return to oven until melted.
5. Add the apples to the pan, stir to coat well then return to oven until softened slightly. (Do not brown the apples)
6. Top apples with cinnamon and ½ the brown sugar. Pour batter over top, then sprinkle with remaining brown sugar.
7. Return to oven and cook for 20 minutes.
8. Cool slightly before serving.

## Nutrition Facts

Serving Size 314 g

### Amount Per Serving

<b>Calories</b>	478	Calories from Fat	183
		% Daily Value	
<b>Total Fat</b>	20.3g	31%	
Saturated Fat	10.6g	53%	
Trans Fat	0.0g		
<b>Cholesterol</b>	317mg	106%	
<b>Sodium</b>	507mg	21%	
<b>Total Carbohydrates</b>	59.9g	20%	
Dietary Fiber	3.2g	13%	
Sugars	33.0g		
<b>Protein</b>	14.9g		
Vitamin A	18%	•	Vitamin C 7%
Calcium	17%	•	Iron 16%

### Nutrition Grade C

\* Based on a 2000 calorie diet

## Nutritional Analysis

### Good points

- High in selenium

### Bad points

- High in saturated fat
- Very high in cholesterol
- High in sugar
- Contains alcohol

*Special notes: Recipe makes 2 pie plates. Enough for our family!*