

German Apple Pancakes

*Skyline Guest Ranch - Telluride, CO
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 3

*1/3 cup flour
1/4 teaspoon salt
1/3 cup light cream
1/3 cup plus 1 teaspoon sugar
3 eggs
1 egg yolk
1 cup apples, thinly sliced
2 tablespoons unsalted butter
1 tablespoon ground cinnamon*

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Preheat the oven to 400 degrees.

In a bowl, whisk the flour, salt, light cream and one tablespoon of sugar. Whisk in the eggs and egg yolk.

In a ten-inch ovenproof skillet, saute' the apples in butter for 2 minutes. Sprinkle the one-third cup of sugar and cinnamon over the apples. Pour the egg and flour mixture over the apples.

Bake for 12 to 15 minutes.

Cut in wedges and serve.

Per Serving (excluding unknown items): 376 Calories; 20g Fat (46.6% calories from fat); 10g Protein; 41g Carbohydrate; 3g Dietary Fiber; 321mg Cholesterol; 263mg Sodium. Exchanges: 1 Grain(Starch); 1 Lean Meat; 1/2 Fruit; 3 Fat; 1 1/2 Other Carbohydrates.

Breakfast

Per Serving Nutritional Analysis

Calories (kcal):	376
% Calories from Fat:	46.6%
% Calories from Carbohydrates:	43.3%
% Calories from Protein:	10.0%
Total Fat (g):	20g
Saturated Fat (g):	10g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	321mg
Carbohydrate (g):	41g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	.4mg
Folacin (mcg):	38mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 3g
Protein (g): 10g
Sodium (mg): 263mg
Potassium (mg): 176mg
Calcium (mg): 95mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 856IU
Vitamin A (r.e.): 224RE

Grain (Starch): 1
Lean Meat: 1
Vegetable: 0
Fruit: 1/2
Non-Fat Milk: 0
Fat: 3
Other Carbohydrates: 1 1/2

Nutrition Facts

Servings per Recipe: 3

Amount Per Serving

Calories 376 Calories from Fat: 175

% Daily Values*

Total Fat	20g	30%
	Saturated Fat 10g	50%
Cholesterol	321mg	107%
Sodium	263mg	11%
Total Carbohydrates	41g	14%
	Dietary Fiber 3g	10%
Protein	10g	
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Vitamin A		17%
Vitamin C		5%
Calcium		10%
Iron		15%

** Percent Daily Values are based on a 2000 calorie diet.*