

**APPLE PANCAKE**

Delicious light pancake with gratted apple

 5 minutes 15 minutes 2 portions**INGREDIENTS**

- 1 large unit of egg, whole, raw, fresh (50 g)
- 50 grams of wheat flour, whole-grain
- 50 grams of milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A
- 100 grams of apples, raw, gala, with skin
- 3 grams of leavening agents, baking powder, low-sodium
- 65 grams of yogurt, Greek, plain, lowfat

COOKING METHOD

- 1° Beat eggs and white with the yogurt until all smooth. Add milk
- 2° Mix baking powder and flour together and add to the eggs Beat well until free of lumps
- 3° Grate the apple and add to the rest.
- 4° Lightly spray the pancakes pans and cook on medium heat stove. Flip over when the top is dried up

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (159 g)	% DRI
ENERGY	119 kcal	188 kcal	9 %
FAT	3 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	1 g	2 g	8 %
CHOLESTEROL	62 mg	98 mg	33 %
SODIUM	40 mg	64 mg	3 %
CARBOHYDRATE	18 g	28 g	9 %
SUGARS	4 g	7 g	—
FIBER	2 g	4 g	15 %
PROTEIN	7 g	11 g	—