



## Baked Pancake with Peaches

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



198 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon butter
- 3 eggs
- 0.5 cup flour all-purpose
- 1 teaspoon ground cinnamon
- 1 pinch ground nutmeg
- 0.5 cup milk
- 2 large peaches peeled cut into 1/4-inch slices

- 1 pinch salt
- 1 drop vanilla extract

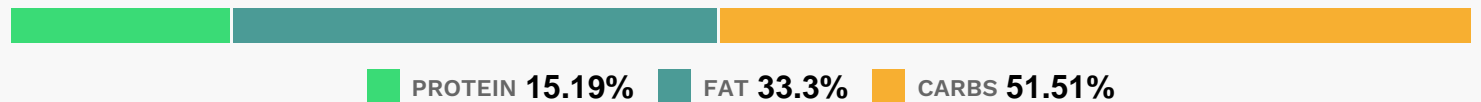
## Equipment

- bowl
- frying pan
- oven

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Melt butter in a cast-iron skillet in the preheating oven.
- Combine peach slices, brown sugar, and cinnamon in a bowl; gently toss to coat the peaches well.
- Beat eggs, milk, flour, vanilla extract, salt, and nutmeg together in a bowl until batter well-combined but a little lumpy; pour into skillet. Top batter with the peach mixture.
- Bake in preheated oven until set in the middle, about 20 minutes.

## Nutrition Facts



## Properties

Glycemic Index:69.56, Glycemic Load:12.25, Inflammation Score:-5, Nutrition Score:8.9147826381352%

## Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 198.23kcal (9.91%), Fat: 7.44g (11.44%), Saturated Fat: 3.51g (21.92%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 23.85g (8.67%), Sugar: 11.97g (13.3%), Cholesterol: 133.95mg (44.65%), Sodium: 103.26mg (4.49%),

Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Protein: 7.64g (15.27%), Selenium: 17.94µg (25.62%), Vitamin B2: 0.3mg (17.57%), Phosphorus: 134.08mg (13.41%), Manganese: 0.27mg (13.35%), Folate: 49.71µg (12.43%), Vitamin A: 602.05IU (12.04%), Vitamin B1: 0.18mg (11.67%), Iron: 1.67mg (9.29%), Vitamin B3: 1.7mg (8.5%), Vitamin B5: 0.83mg (8.32%), Fiber: 2.05g (8.21%), Vitamin B12: 0.46µg (7.74%), Vitamin E: 1.1mg (7.35%), Calcium: 70.65mg (7.06%), Vitamin D: 1µg (6.64%), Potassium: 222.66mg (6.36%), Copper: 0.12mg (6.03%), Zinc: 0.88mg (5.87%), Vitamin B6: 0.11mg (5.3%), Magnesium: 19.16mg (4.79%), Vitamin C: 3.61mg (4.38%), Vitamin K: 3.26µg (3.11%)