

Baked Pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



2

CALORIES



372 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 eggs beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar white

Equipment

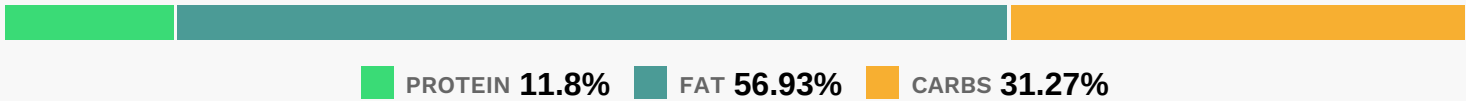
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toothpicks
- ☐ pie form

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C).
- ☐ Put butter in a 9-inch pie pan.
- ☐ Place pan in the preheating oven until butter is melted, 5 to 10 minutes.
- ☐ Whisk flour, milk, eggs, white sugar, and salt together in a bowl; pour mixture into the hot butter.
- ☐ Bake in the preheated oven until pancake is brown on the edges and a toothpick inserted in the center comes out clean, 20 to 24 minutes. Squeeze lemon over pancake and sprinkle with confectioners' sugar.

Nutrition Facts



Properties

Glycemic Index:116.55, Glycemic Load:19.74, Inflammation Score:-6, Nutrition Score:11.1200000051415%

Nutrients (% of daily need)

Calories: 371.54kcal (18.58%), Fat: 23.48g (36.12%), Saturated Fat: 13.35g (83.46%), Carbohydrates: 29.02g (9.67%), Net Carbohydrates: 28.17g (10.24%), Sugar: 5.19g (5.77%), Cholesterol: 216.15mg (72.05%), Sodium: 512.02mg (22.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.9%), Selenium: 25.48µg (36.4%), Vitamin B2: 0.45mg (26.3%), Vitamin B1: 0.3mg (19.87%), Folate: 78.5µg (19.62%), Phosphorus: 187.52mg (18.75%), Vitamin A: 861.21IU (17.22%), Vitamin B12: 0.76µg (12.61%), Iron: 2.23mg (12.38%), Manganese: 0.23mg (11.44%), Calcium: 109.6mg (10.96%), Vitamin B5: 1.06mg (10.62%), Vitamin D: 1.55µg (10.34%), Vitamin B3: 1.95mg (9.75%), Zinc: 1.06mg (7.04%), Vitamin E: 1mg (6.66%), Vitamin B6: 0.13mg (6.32%), Potassium: 190.8mg (5.45%), Magnesium: 19.9mg (4.98%), Copper: 0.08mg (3.88%), Fiber: 0.84g (3.38%), Vitamin K: 1.88µg (1.79%)