



Baked Sunday Pancake with Raspberry Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



238 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup milk
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.5 teaspoon vanilla

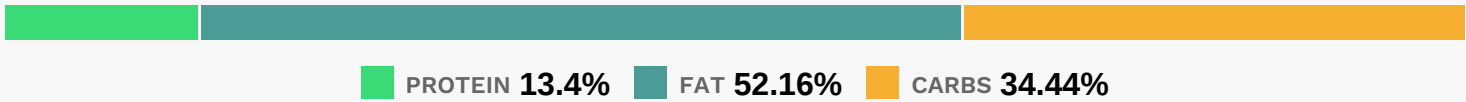
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ sieve
- ☐ blender

Directions

- ☐ Melt butter in a 10-inch ovenproof frying pan over low heat.
- ☐ Remove from heat.
- ☐ In a large bowl or blender, beat or whirl eggs until light and pale. Beat or blend in milk, vanilla, flour, sugar, and salt.
- ☐ Pour batter into prepared pan and bake in a 425 oven until pancake is puffed and lightly browned, 15 to 20 minutes. Slice into wedges and serve immediately with raspberry sauce.
- ☐ Raspberry sauce: In a food processor or blender, whirl 4 cups rinsed fresh or thawed frozen raspberries until smooth. Rub pure through a fine strainer into a bowl; discard seeds. Stir 1/4 cup sugar into raspberry pure; taste, and add more sugar if desired. Makes 1 1/4 cups.

Nutrition Facts



Properties

Glycemic Index:58.27, Glycemic Load:13.63, Inflammation Score:-4, Nutrition Score:7.4926086301389%

Nutrients (% of daily need)

Calories: 237.77kcal (11.89%), Fat: 13.72g (21.11%), Saturated Fat: 7.45g (46.54%), Carbohydrates: 20.38g (6.79%), Net Carbohydrates: 19.95g (7.26%), Sugar: 8.44g (9.38%), Cholesterol: 167.57mg (55.85%), Sodium: 211.24mg (9.18%), Alcohol: 0.17g (100%), Alcohol %: 0.19% (100%), Protein: 7.93g (15.86%), Selenium: 17.82µg (25.46%), Vitamin B2: 0.32mg (18.64%), Phosphorus: 139.88mg (13.99%), Folate: 46.53µg (11.63%), Vitamin B1: 0.16mg (10.92%), Vitamin A: 539.01IU (10.78%), Vitamin B12: 0.6µg (9.98%), Vitamin D: 1.25µg (8.35%), Vitamin B5: 0.83mg (8.26%), Calcium: 82.3mg (8.23%), Iron: 1.39mg (7.71%), Manganese: 0.12mg (6.02%), Zinc: 0.79mg (5.28%), Vitamin B3: 1.01mg (5.03%), Vitamin B6: 0.1mg (4.95%), Vitamin E: 0.67mg (4.46%), Potassium: 140.49mg (4.01%), Magnesium: 13.7mg (3.42%), Copper: 0.05mg (2.54%), Fiber: 0.42g (1.69%)