



Baked Swedish Pancake

READY IN



45 min.

SERVINGS



4

CALORIES



580 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tbsp butter softened
- 6 eggs
- 1 cup flour
- 4 servings jam
- 4 servings jam
- 4 servings maple syrup
- 1 cup milk
- 4 servings cranberry-orange relish
- 4 servings powdered sugar

- 1 Dash salt
- 4 servings strawberries fresh sliced

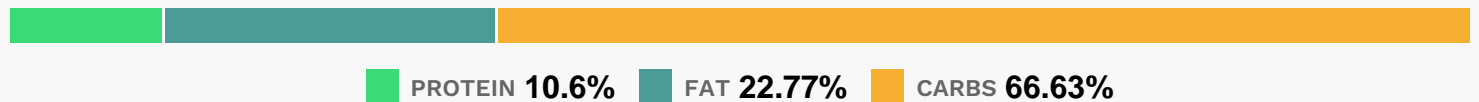
Equipment

- frying pan
- oven

Directions

- Heat oven to 400 degrees and place butter in 9 x 13 inch casserole to melt.
- Mix other ingredients into a batter and pour into hot pan.
- Bake 20 minutes. It will puff up and edges will curl in and brown when done.
- Cut in squares and serve with a variety of toppings. Makes 10 slices per pan.
- Serves 6 to 8.

Nutrition Facts



Properties

Glycemic Index:98, Glycemic Load:45.04, Inflammation Score:-8, Nutrition Score:25.698260869565%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg, Pelargonidin: 35.78mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg, Catechin: 4.48mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Hesperetin: 24.53mg, Hesperetin: 24.53mg, Hesperetin: 24.53mg, Hesperetin: 24.53mg Naringenin: 14.16mg, Naringenin: 14.16mg, Naringenin: 14.16mg, Naringenin: 14.16mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg, Kaempferol: 0.84mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg, Quercetin: 2mg

Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Taste

Sweetness: 100%, Saltiness: 26.18%, Sourness: 38.6%, Bitterness: 14.29%, Savoriness: 18.69%, Fattiness: 25.18%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 580.34kcal (29.02%), Fat: 14.86g (22.86%), Saturated Fat: 6.94g (43.36%), Carbohydrates: 97.87g (32.62%), Net Carbohydrates: 91.55g (33.29%), Sugar: 57.93g (64.37%), Cholesterol: 268.11mg (89.37%), Sodium: 189.07mg (8.22%), Protein: 15.56g (31.13%), Vitamin C: 136.07mg (164.94%), Manganese: 1.29mg (64.44%), Vitamin B2: 0.9mg (52.72%), Selenium: 33.96µg (48.51%), Folate: 154.38µg (38.6%), Vitamin B1: 0.44mg (29.25%), Phosphorus: 282.5mg (28.25%), Fiber: 6.32g (25.3%), Calcium: 207.31mg (20.73%), Iron: 3.51mg (19.5%), Potassium: 676.9mg (19.34%), Vitamin B5: 1.8mg (17.97%), Vitamin A: 852.43IU (17.05%), Vitamin B12: 0.93µg (15.48%), Vitamin B6: 0.29mg (14.65%), Vitamin B3: 2.8mg (14.01%), Magnesium: 55.78mg (13.94%), Vitamin D: 1.99µg (13.27%), Copper: 0.24mg (12.17%), Zinc: 1.76mg (11.71%), Vitamin E: 1.53mg (10.23%), Vitamin K: 4.14µg (3.94%)