



Black Forest Pancakes



Vegetarian



Popular

READY IN



20 min.

SERVINGS



2

CALORIES



818 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 2 tablespoons butter melted
- ☐ 2 cups cherries pitted halved
- ☐ 2 teaspoons cornstarch
- ☐ 1 eggs
- ☐ 1 cup flour
- ☐ 1 tablespoon kirsch liqueur
- ☐ 1 cup milk

- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup cocoa powder unsweetened
- ☐ 0.3 cup water
- ☐ 0.5 cup whipping cream

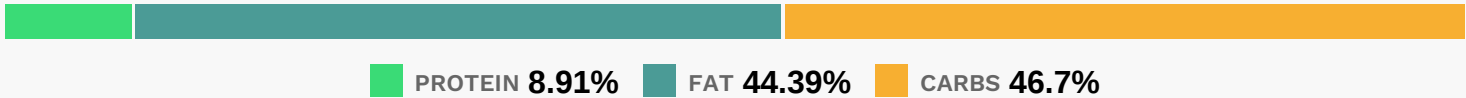
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Mix the flour, cocoa powder, sugar, baking powder and salt in a large bowl.
- ☐ Mix the milk, egg, butter and kirsch in another large bowl.
- ☐ Mix the wet ingredients into the dry ingredients.
- ☐ Heat a pan over medium heat and melt a touch of butter in it.
- ☐ Pour 1/4 cup of the mixture into the pan and cook until the surface starts to bubble and the bottom is golden brown, about 2–3 minutes. Flip the pancake and cook the other side until the bottom is golden brown, about 1–2 minutes. Repeat for the remaining batter. Meanwhile simmer the cherries, sugar, cornstarch and water over medium heat until the sauce thickens, about 5 minutes. Whip the cream and sugar until it forms soft peaks.

Nutrition Facts



Properties

Glycemic Index:181.05, Glycemic Load:49.52, Inflammation Score:-9, Nutrition Score:25.682608459307%

Flavonoids

Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg, Cyanidin: 41.69mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg, Peonidin: 2.07mg Catechin: 12.98mg, Catechin: 12.98mg, Catechin: 12.98mg, Catechin: 12.98mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 28.02mg,

Epicatechin: 28.02mg, Epicatechin: 28.02mg, Epicatechin: 28.02mg Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg, Epicatechin 3–gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg, Quercetin: 4.24mg

Nutrients (% of daily need)

Calories: 817.97kcal (40.9%), Fat: 41.23g (63.43%), Saturated Fat: 24.86g (155.35%), Carbohydrates: 97.61g (32.54%), Net Carbohydrates: 89.02g (32.37%), Sugar: 37.69g (41.88%), Cholesterol: 193.82mg (64.61%), Sodium: 876.42mg (38.11%), Alcohol: 2.51g (100%), Alcohol %: 0.66% (100%), Caffeine: 24.73mg (8.24%), Protein: 18.61g (37.23%), Selenium: 33.85µg (48.36%), Manganese: 0.95mg (47.57%), Vitamin B2: 0.77mg (45.19%), Vitamin B1: 0.63mg (41.76%), Phosphorus: 402.51mg (40.25%), Fiber: 8.58g (34.33%), Folate: 136.48µg (34.12%), Vitamin A: 1629.27IU (32.59%), Calcium: 306.25mg (30.63%), Copper: 0.61mg (30.63%), Iron: 5.47mg (30.4%), Magnesium: 104.94mg (26.23%), Potassium: 810.65mg (23.16%), Vitamin B3: 4.33mg (21.63%), Vitamin D: 2.73µg (18.23%), Vitamin B12: 0.97µg (16.23%), Vitamin B5: 1.54mg (15.35%), Zinc: 2.22mg (14.77%), Vitamin C: 10.02mg (12.14%), Vitamin B6: 0.24mg (12.05%), Vitamin E: 1.31mg (8.73%), Vitamin K: 6.67µg (6.35%)