



## Brunch Popover Pancake

READY IN



45 min.

SERVINGS



4

CALORIES



540 kcal

MORNING MEAL

BRUNCH

BREAKFAST

## Ingredients

- ☐ 1 cup blueberries frozen thawed
- ☐ 0.3 cup butter melted
- ☐ 3 tablespoons butter
- ☐ 4 large eggs lightly beaten
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon juice of lemon
- ☐ 1 cup milk
- ☐ 3 tablespoons orange marmalade
- ☐ 16 ounce peaches frozen thawed drained sliced

☐ 0.3 teaspoon salt

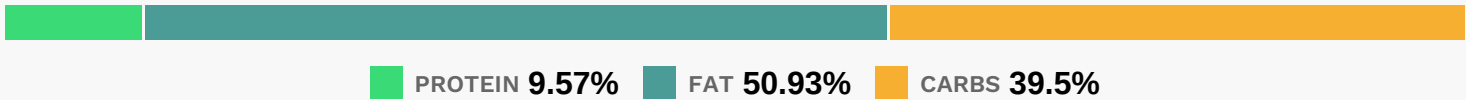
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Place a well-greased 12-inch cast-iron skillet in a 425 oven for 5 minutes.
- ☐ Combine first 5 ingredients, stirring with a wire whisk until blended.
- ☐ Remove skillet from oven.
- ☐ Pour batter into hot skillet.
- ☐ Bake at 425 for 20 to 25 minutes. (This resembles a giant popover and will fall quickly after removing from oven.)
- ☐ Combine marmalade, 3 tablespoons butter, and lemon juice in a saucepan; bring to a boil.
- ☐ Add peaches, and cook over medium heat, stirring constantly, 2 to 3 minutes. Spoon on top of baked pancake.
- ☐ Sprinkle with blueberries.

Nutrition Facts



Properties

Glycemic Index:48.31, Glycemic Load:24.05, Inflammation Score:-8, Nutrition Score:16.766521868498%

Flavonoids

Cyanidin: 5.31mg, Cyanidin: 5.31mg, Cyanidin: 5.31mg, Cyanidin: 5.31mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 7.54mg, Catechin: 7.54mg, Catechin: 7.54mg, Catechin: 7.54mg Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg, Epigallocatechin: 1.42mg

Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg, Epigallocatechin 3–gallate: 0.34mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 539.8kcal (26.99%), Fat: 31.13g (47.89%), Saturated Fat: 7.69g (48.09%), Carbohydrates: 54.34g (18.11%), Net Carbohydrates: 50.79g (18.47%), Sugar: 25.5g (28.33%), Cholesterol: 193.32mg (64.44%), Sodium: 541.1mg (23.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.16g (26.32%), Selenium: 29.62µg (42.31%), Vitamin A: 1820.24IU (36.4%), Vitamin B2: 0.53mg (31.33%), Phosphorus: 231.41mg (23.14%), Folate: 92.11µg (23.03%), Vitamin B1: 0.34mg (23%), Manganese: 0.43mg (21.34%), Vitamin E: 2.54mg (16.93%), Iron: 2.84mg (15.78%), Vitamin B3: 3.03mg (15.17%), Fiber: 3.55g (14.2%), Vitamin B5: 1.38mg (13.82%), Vitamin B12: 0.8µg (13.4%), Calcium: 129.31mg (12.93%), Vitamin C: 10.47mg (12.69%), Vitamin D: 1.67µg (11.14%), Potassium: 382.57mg (10.93%), Vitamin K: 10.97µg (10.45%), Copper: 0.21mg (10.27%), Zinc: 1.44mg (9.61%), Vitamin B6: 0.19mg (9.54%), Magnesium: 32.9mg (8.22%)