



Cook the Book: Goat Cheese and Ricotta Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



703 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 tablespoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 4 large eggs separated
- ☐ 1.3 cups flour all-purpose
- ☐ 1 cup goat cheese
- ☐ 0.5 teaspoon kosher salt
- ☐ 4 servings maple syrup

- ☐ 1 cup ricotta cheese
- ☐ 0.7 cup cream sour
- ☐ 4 servings butter unsalted softened
- ☐ 1.5 cups milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ hand mixer
- ☐ spatula

Directions

- ☐ Preheat the oven to 250°F.
- ☐ In a large mixing bowl, whisk the egg yolks, cheeses, and sour cream until blended.
- ☐ In another bowl, whisk the flour, baking powder, baking soda, and salt.
- ☐ Add to the cheese mixture with the milk and whisk until blended.
- ☐ In the bowl of an electric mixer fitted with the whisk attachment, beat the egg whites on medium speed until soft peaks form. Using a rubber spatula, fold the egg whites into the batter.
- ☐ Heat a griddle or large skillet over medium heat and brush with a little butter.
- ☐ Working in batches, spoon 2 tablespoons of batter for each pancake onto the griddle or into the skillet and cook for about 3 minutes on each side, or until golden brown.
- ☐ Remove to a platter and keep pancakes warm in the oven.
- ☐ Put 10 pancakes on each plate and serve drizzled with syrup.

Nutrition Facts



 **PROTEIN 18.27%**  **FAT 50.74%**  **CARBS 30.99%**

Properties

Glycemic Index:67.13, Glycemic Load:30.81, Inflammation Score:-8, Nutrition Score:25.440000001503%

Nutrients (% of daily need)

Calories: 703.11kcal (35.16%), Fat: 39.59g (60.91%), Saturated Fat: 23.19g (144.91%), Carbohydrates: 54.4g (18.13%), Net Carbohydrates: 53.27g (19.37%), Sugar: 18.67g (20.74%), Cholesterol: 288.07mg (96.02%), Sodium: 1127.24mg (49.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.07g (64.15%), Vitamin B2: 1.22mg (71.6%), Selenium: 43.27µg (61.81%), Calcium: 592.76mg (59.28%), Phosphorus: 575.72mg (57.57%), Manganese: 0.83mg (41.39%), Vitamin A: 1644.12IU (32.88%), Vitamin B1: 0.47mg (31.15%), Folate: 116.45µg (29.11%), Copper: 0.53mg (26.68%), Iron: 4.51mg (25.03%), Vitamin B12: 1.35µg (22.45%), Vitamin B5: 1.94mg (19.43%), Zinc: 2.83mg (18.83%), Vitamin B6: 0.34mg (17.18%), Vitamin D: 2.43µg (16.22%), Vitamin B3: 2.96mg (14.78%), Magnesium: 51mg (12.75%), Potassium: 425.46mg (12.16%), Vitamin E: 1.03mg (6.85%), Fiber: 1.13g (4.52%), Vitamin K: 3.18µg (3.03%)