



## Custardy Oven Pancake with Mixed Berries

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



267 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.3 cup butter cut into chunks
- 4 large eggs
- 1 cup flour
- 5.5 tbsp honey divided
- 1 teaspoon lemon zest
- 2.5 cups milk
- 2 cups raspberries divided
- 0.8 teaspoon salt

1 pound strawberries hulled sliced (or use another favorite fruit)

## Equipment

food processor

bowl

frying pan

oven

whisk

## Directions

Set an ovenproof 12-in. frying pan or 9- by 13-in. pan in oven and preheat oven to 42

Whisk eggs, 1/4 cup honey, and the zest in a medium bowl to blend.

Add salt, flour, and 1/4 cup milk and whisk until smooth, then whisk in remaining milk.

Pure 1 cup raspberries in a food processor until smooth. Strain; discard seeds.

Remove pan from oven; add butter and swirl until melted and golden.

Pour in batter.

Pour raspberry pure over batter in wide ribbons. Reduce heat to 400 and bake pancake until deep golden, 30 minutes.

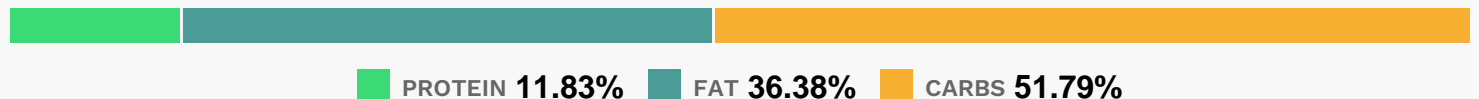
Let stand 10 to 15 minutes to firm up (pancake will fall).

Combine strawberries and remaining 1 cup raspberries and 1 1/2 tbsp. honey in a bowl; let stand at least 10 minutes.

Add honey to taste. Spoon half of fruit over pancake and serve the rest on the side.

Cut pancake into wedges.

## Nutrition Facts



## Properties

Glycemic Index:35.16, Glycemic Load:17.89, Inflammation Score:-6, Nutrition Score:12.6399999990878%

## Flavonoids

Cyanidin: 14.68mg, Cyanidin: 14.68mg, Cyanidin: 14.68mg, Cyanidin: 14.68mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg, Delphinidin: 0.57mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 14.38mg, Pelargonidin: 14.38mg, Pelargonidin: 14.38mg, Pelargonidin: 14.38mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg, Epigallocatechin: 0.58mg Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg, Epicatechin: 1.29mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Nutrients (% of daily need)

Calories: 266.99kcal (13.35%), Fat: 11.09g (17.06%), Saturated Fat: 5.89g (36.78%), Carbohydrates: 35.53g (11.84%), Net Carbohydrates: 31.97g (11.62%), Sugar: 19.77g (21.97%), Cholesterol: 117.4mg (39.13%), Sodium: 329.87mg (14.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.22%), Vitamin C: 41.59mg (50.42%), Manganese: 0.55mg (27.43%), Selenium: 14.9µg (21.28%), Vitamin B2: 0.33mg (19.33%), Phosphorus: 168.01mg (16.8%), Folate: 60.79µg (15.2%), Fiber: 3.56g (14.24%), Vitamin B1: 0.2mg (13.27%), Calcium: 129.74mg (12.97%), Vitamin B12: 0.65µg (10.77%), Iron: 1.67mg (9.27%), Vitamin B5: 0.92mg (9.24%), Vitamin A: 452.63IU (9.05%), Vitamin D: 1.34µg (8.93%), Potassium: 307.3mg (8.78%), Magnesium: 30.03mg (7.51%), Vitamin B3: 1.44mg (7.21%), Vitamin B6: 0.14mg (7.16%), Zinc: 0.99mg (6.59%), Vitamin E: 0.9mg (6%), Copper: 0.1mg (5.05%), Vitamin K: 4.43µg (4.22%)