



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)

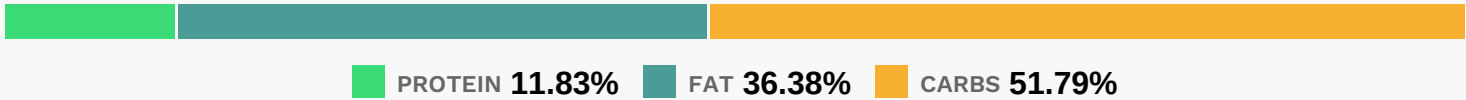
Equipment

- ☐ 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: Og (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%)