

Danish Oven Pancake (Aeggekage)

READY IN



70 min.

SERVINGS



15

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 cups berries mixed fresh
- 0.5 cup butter
- 8 eggs
- 2 cups flour all-purpose
- 1 tablespoon juice of lemon fresh
- 2 cups milk
- 1.5 teaspoons salt
- 15 servings whipped cream for serving
- 2 teaspoons granulated sugar white

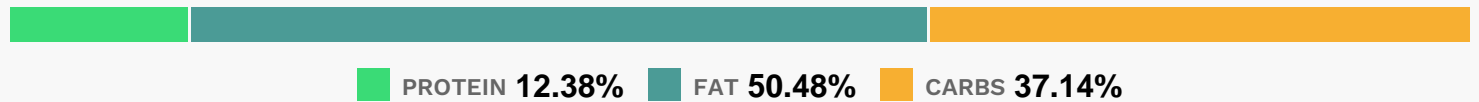
Equipment

- oven
- whisk
- baking pan
- glass baking pan

Directions

- Whisk together eggs, milk, sugar, and salt until smooth.
- Whisk in flour until incorporated, then set mixture aside and let stand for 30 minutes.
- Preheat oven to 500 degrees F (260 degrees C).
- Place butter into a 9x13 inch glass baking dish, and place into the preheated oven until it melts, then brush it all over the insides of the hot dish.
- Pour batter into hot baking dish and bake in preheated oven for 15 minutes.
- Sprinkle with lemon juice, top with berries, and dust with confectioner's sugar; serve immediately with whipped cream.

Nutrition Facts



Properties

Glycemic Index:19.21, Glycemic Load:10.57, Inflammation Score:-4, Nutrition Score:6.562608703323%

Flavonoids

Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg, Cyanidin: 0.9mg Petunidin: 3.75mg, Petunidin: 3.75mg, Petunidin: 3.75mg, Petunidin: 3.75mg Delphinidin: 4.46mg, Delphinidin: 4.46mg, Delphinidin: 4.46mg, Delphinidin: 4.46mg Malvidin: 10.26mg, Malvidin: 10.26mg, Malvidin: 10.26mg, Malvidin: 10.26mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg, Myricetin: 0.36mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 196.23kcal (9.81%), Fat: 11.04g (16.99%), Saturated Fat: 6.1g (38.1%), Carbohydrates: 18.28g (6.09%), Net Carbohydrates: 17.27g (6.28%), Sugar: 4.49g (4.98%), Cholesterol: 112.03mg (37.34%), Sodium: 327.92mg (14.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.18%), Selenium: 13.66µg (19.51%), Vitamin B2: 0.25mg (14.64%), Vitamin B1: 0.17mg (11.19%), Folate: 43.58µg (10.9%), Phosphorus: 106.83mg (10.68%), Vitamin A: 419.18IU (8.38%), Manganese: 0.15mg (7.64%), Vitamin B12: 0.41µg (6.91%), Iron: 1.23mg (6.83%), Calcium: 65.4mg (6.54%), Vitamin B5: 0.61mg (6.08%), Vitamin B3: 1.15mg (5.76%), Vitamin D: 0.85µg (5.67%), Vitamin B6: 0.08mg (4.12%), Vitamin K: 4.25µg (4.05%), Fiber: 1.01g (4.04%), Zinc: 0.6mg (3.98%), Vitamin E: 0.59mg (3.92%), Potassium: 121.9mg (3.48%), Magnesium: 12.3mg (3.07%), Copper: 0.05mg (2.45%), Vitamin C: 0.9mg (1.1%)