

Duck Fat Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



16

CALORIES



245 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 teaspoon double-acting baking powder
- 1 cup ghee unsalted melted
- 0.3 cup cornstarch
- 2 large eggs
- 2 cups flour all-purpose
- 0.3 teaspoon kosher salt
- 16 servings maple syrup pure
- 1 teaspoon sugar

2 cups milk whole

Equipment

bowl

frying pan

paper towels

whisk

slotted spoon

Directions

Whisk milk and eggs in a large bowl to blend.

Whisk flour, cornstarch, baking powder, sugar, and salt in a medium bowl.

Add dry ingredients to egg mixture; whisk just to blend. Cover and chill for up to 1 hour.

Melt duck fat in a large skillet to a depth of 1/3" over medium heat. Using a 1/4-cup measure and working in batches, spoon batter into skillet. Cook until pancakes are slightly puffed and golden brown and bubbles form and begin to pop along edges, 1-2 minutes. Flip and cook until golden brown and cooked through, 1-2 minutes longer. Using a slotted spoon, transfer pancakes to a paper towel-lined plate.

Transfer pancakes to plates.

Drizzle generously with syrup.

Nutrition Facts



Properties

Glycemic Index: 19.47, Glycemic Load: 14.32, Inflammation Score: -1, Nutrition Score: 5.7556521594524%

Nutrients (% of daily need)

Calories: 245.38kcal (12.27%), Fat: 12.92g (19.87%), Saturated Fat: 7.75g (48.44%), Carbohydrates: 29.01g (9.67%), Net Carbohydrates: 28.57g (10.39%), Sugar: 13.77g (15.3%), Cholesterol: 55.71mg (18.57%), Sodium: 85.82mg (3.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.44g (6.88%), Manganese: 0.57mg (28.54%), Vitamin B2: 0.4mg (23.64%), Selenium: 7.85µg (11.22%), Vitamin B1: 0.16mg (10.36%), Calcium: 79.91mg (7.99%), Folate:

31.53µg (7.88%), Phosphorus: 65.79mg (6.58%), Iron: 0.89mg (4.97%), Vitamin B3: 0.98mg (4.88%), Vitamin B12: 0.22µg (3.67%), Potassium: 116.22mg (3.32%), Vitamin D: 0.46µg (3.07%), Magnesium: 12.18mg (3.04%), Zinc: 0.46mg (3.04%), Vitamin B5: 0.28mg (2.78%), Vitamin B6: 0.04mg (1.81%), Fiber: 0.44g (1.76%), Vitamin A: 83.16IU (1.66%), Copper: 0.03mg (1.42%)