



Dutch Pancakes

READY IN



165 min.

SERVINGS



3

CALORIES



691 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 2 tablespoons tapioca/arrowroot flour
- 4 slices bacon
- 1 ounce butter softened for dotting tops of pancakes ()
- 1 pinch cinnamon
- 3 egg yolks
- 1 cup flour sifted
- 1 apples green cored thinly sliced (Granny Smith)
- 1 tablespoon maple syrup
- 1.3 cups milk

- 3 servings salt freshly ground
- 0.5 cup whipping cream
- 3 servings pepper white freshly ground
- 1 eggs whole

Equipment

- frying pan
- broiler
- palette knife

Directions

- Make the pancake batter by combining flour and freshly ground salt and pepper. Make a well in the center and add 1 whole egg, 1 egg yolk and the milk gradually and beating all the time. Set aside in a cool place for 2 hours. Melt 1-ounce butter in the frying pan.
- Add it to the batter mixture.
- Pour the batter into the pan and rotate until the base is evenly covered. When the topside looks waxy the underside is cooked. Flip over using a palette knife. Cook lightly and then turn pancake from the pan "second side up" onto a heated serving dish. (This side gets a complete cooking later when covered by bacon and broiled.)
- Lay slices of bacon on top and 1 tablespoon of syrup. Put dish under broiler and cook bacon for 2 1/2 minutes. Meanwhile prepare a second pancake. When the bacon is cooked cover it with the second pancake. Arrange thin slices of apple around the top of the pancakes. Dust with sugar and small pieces of softened butter. Return to the broiler until apples are soft and glazed - approximately 2 1/2 minutes. Now make the sauce.
- Heat the 1/4 cup of maple syrup and the cream in a pan.
- Mix the arrowroot and the remaining 2 egg yolks together and add them to the pan. As it comes gently to the boil add a pinch of cinnamon. Stir constantly to avoid curdling.
- Remove from heat when thick and pour over the pancakes.
- Serve piping hot - immediately.

Nutrition Facts



■ PROTEIN 10.17% ■ FAT 56.53% ■ CARBS 33.3%

Properties

Glycemic Index:107.17, Glycemic Load:32.51, Inflammation Score:-7, Nutrition Score:19.671304526536%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 691.21kcal (34.56%), Fat: 43.6g (67.08%), Saturated Fat: 22.05g (137.78%), Carbohydrates: 57.79g (19.26%), Net Carbohydrates: 54.47g (19.81%), Sugar: 16.63g (18.47%), Cholesterol: 345.66mg (115.22%), Sodium: 529.8mg (23.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.64g (35.28%), Selenium: 37.88µg (54.12%), Vitamin B2: 0.71mg (41.93%), Vitamin B1: 0.53mg (35.08%), Phosphorus: 324.94mg (32.49%), Manganese: 0.6mg (30.18%), Folate: 113.69µg (28.42%), Vitamin A: 1366.52IU (27.33%), Calcium: 211.78mg (21.18%), Vitamin B12: 1.26µg (20.95%), Vitamin D: 3.14µg (20.9%), Vitamin B3: 3.86mg (19.28%), Iron: 3.23mg (17.97%), Vitamin B5: 1.64mg (16.43%), Vitamin B6: 0.29mg (14.39%), Fiber: 3.32g (13.29%), Zinc: 1.86mg (12.4%), Potassium: 417.26mg (11.92%), Vitamin E: 1.52mg (10.1%), Magnesium: 36.95mg (9.24%), Copper: 0.14mg (6.96%), Vitamin C: 3.45mg (4.18%), Vitamin K: 3.89µg (3.7%)