



WHATSheATE



Egg Filled Buckwheat Pancake



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



915 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.5 cup buckwheat flour sifted
- ☐ 1 teaspoon butter melted
- ☐ 6 eggs
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 pinch salt & pepper
- ☐ 4 ounce cow's milk cheese such as beaufort french grated

Equipment

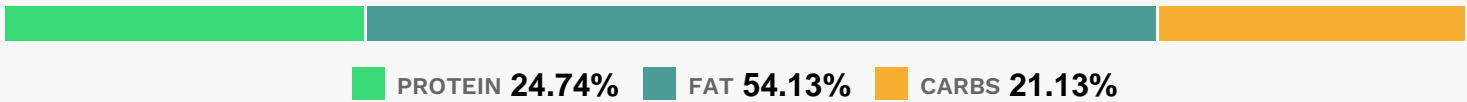
- ☐ bowl

- ☐ frying pan
- ☐ ladle
- ☐ whisk

Directions

- ☐ In a medium bowl whisk together the buckwheat flour and salt. In a separate large bowl beat 2 of the eggs lightly then whisk in 1 ½ cups of the milk. If the mixture is too thick, add the remaining milk until a velvety consistency (neither thick nor thin) is achieved. Cover and refrigerate batter for at least 30 minutes. Stir to recombine before using.
- ☐ Heat an 8-inch non-stick skillet skillet or crepe pan with a lid over medium heat for about 1 minute.
- ☐ Add the butter, swirling to coat the pan. Ladle about ½ cup of the batter onto the middle of the skillet and immediately start swirling the pan to distribute the batter over the surface. Cook for 45 to 60 seconds or until lightly golden brown. Flip over and immediately sprinkle the surface with about 1/8 of the cheese, crack one egg into the center then sprinkle with another 1/8 of the cheese; season with salt and pepper. Fold the side edges of the buckwheat pancake over the egg, leaving the yolk exposed and unbroken.
- ☐ Place the lid on the skillet and cook until the yolk is barely set, about 3 to 5 minutes or to your liking.
- ☐ Serve hot. Repeat 3 more times with remaining eggs and batter.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:1.19, Inflammation Score:-8, Nutrition Score:46.510869876198%

Flavonoids

Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg, Epicatechin 3-gallate: 0.47mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 914.87kcal (45.74%), Fat: 55.4g (85.23%), Saturated Fat: 26.32g (164.51%), Carbohydrates: 48.66g (16.22%), Net Carbohydrates: 42.66g (15.51%), Sugar: 2.54g (2.82%), Cholesterol: 1093.75mg (364.58%), Sodium:

2326.5mg (101.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.98g (113.96%), Selenium: 101.53µg (145.04%), Vitamin B2: 2.28mg (134.07%), Phosphorus: 1108.27mg (110.83%), Calcium: 733.08mg (73.31%), Vitamin B12: 4.27µg (71.24%), Manganese: 1.33mg (66.26%), Vitamin B6: 1.28mg (63.95%), Zinc: 8.55mg (57%), Vitamin B5: 5.41mg (54.13%), Magnesium: 203.94mg (50.99%), Folate: 192.92µg (48.23%), Iron: 7.8mg (43.33%), Vitamin A: 2029.09IU (40.58%), Vitamin D: 5.73µg (38.22%), Vitamin B1: 0.53mg (35.38%), Copper: 0.54mg (26.79%), Vitamin B3: 5.01mg (25.07%), Fiber: 6g (24%), Potassium: 782.15mg (22.35%), Vitamin E: 3.28mg (21.89%), Vitamin K: 7.38µg (7.03%)