

Fancy Pancakes

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 3 eggs
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 cup heavy cream
- ☐ 3 tablespoons sugar white

Equipment

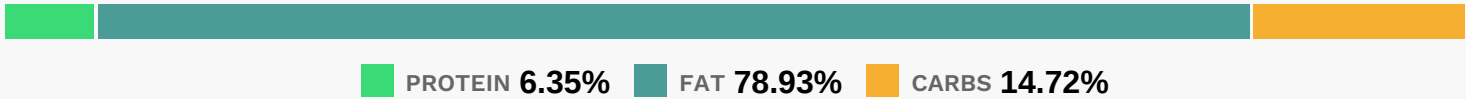
- ☐ bowl
- ☐ frying pan

☐ ladle

Directions

- ☐ In a large bowl, beat eggs with sugar until thick and pale. Beat in flour and cream, alternately. Fold in melted butter.
- ☐ Heat a skillet over high heat. Ladle batter onto hot skillet, tilting to coat entire surface. Cook 2 minutes, turning once when edges get crispy (the second side will take about 30 seconds).

Nutrition Facts



Properties

Glycemic Index:32.52, Glycemic Load:6.26, Inflammation Score:-5, Nutrition Score:4.535217396591%

Nutrients (% of daily need)

Calories: 270.89kcal (13.54%), Fat: 24.14g (37.14%), Saturated Fat: 14.68g (91.75%), Carbohydrates: 10.13g (3.38%), Net Carbohydrates: 10.03g (3.65%), Sugar: 7.24g (8.05%), Cholesterol: 147mg (49%), Sodium: 102.9mg (4.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.37g (8.73%), Vitamin A: 938.26IU (18.77%), Selenium: 9.35µg (13.35%), Vitamin B2: 0.2mg (11.65%), Phosphorus: 72.89mg (7.29%), Vitamin D: 1.07µg (7.16%), Vitamin E: 0.82mg (5.45%), Folate: 19.07µg (4.77%), Vitamin B5: 0.47mg (4.65%), Vitamin B12: 0.28µg (4.59%), Calcium: 41.39mg (4.14%), Iron: 0.6mg (3.35%), Vitamin B1: 0.05mg (3.11%), Zinc: 0.41mg (2.76%), Vitamin B6: 0.05mg (2.66%), Potassium: 74.45mg (2.13%), Vitamin K: 2.01µg (1.91%), Manganese: 0.03mg (1.62%), Magnesium: 6.43mg (1.61%), Vitamin B3: 0.27mg (1.34%), Copper: 0.03mg (1.3%)