



Finnish Kropser (Baked Pancakes)

 Vegetarian  Popular

READY IN



45 min.

SERVINGS



15

CALORIES



123 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup butter
- 3 eggs
- 1.3 cups flour all-purpose
- 2 cups milk
- 1 teaspoon salt
- 0.5 cup sugar white

Equipment

- bowl

- oven
- baking pan
- hand mixer

Directions

- Preheat oven to 450 degrees F (230 degrees C)
- In a medium bowl stir together sugar, flour, and salt.
- Add eggs and milk. Beat with an electric mixer until blended. Batter will be very thin. Melt butter in the baking pan. Turn the pan to be sure all of the sides are coated then stir the remaining butter into the batter.
- Pour batter into the baking pan and bake for 30 minutes. It will puff up when baking, and flatten when cool.
- Cut into squares and serve.

Nutrition Facts



Properties

Glycemic Index:15.54, Glycemic Load:10.98, Inflammation Score:-2, Nutrition Score:3.4504347741604%

Nutrients (% of daily need)

Calories: 122.81kcal (6.14%), Fat: 5.07g (7.8%), Saturated Fat: 2.84g (17.76%), Carbohydrates: 16.17g (5.39%), Net Carbohydrates: 15.89g (5.78%), Sugar: 8.28g (9.2%), Cholesterol: 44.77mg (14.92%), Sodium: 204.49mg (8.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.57%), Selenium: 6.93µg (9.9%), Vitamin B2: 0.14mg (8.18%), Vitamin B1: 0.1mg (6.91%), Phosphorus: 62.44mg (6.24%), Folate: 23.31µg (5.83%), Calcium: 47.58mg (4.76%), Vitamin B12: 0.26µg (4.34%), Vitamin A: 194.77IU (3.9%), Manganese: 0.08mg (3.77%), Iron: 0.64mg (3.57%), Vitamin D: 0.53µg (3.56%), Vitamin B3: 0.66mg (3.29%), Vitamin B5: 0.31mg (3.06%), Zinc: 0.32mg (2.16%), Potassium: 73.16mg (2.09%), Vitamin B6: 0.04mg (1.98%), Magnesium: 7.33mg (1.83%), Vitamin E: 0.2mg (1.35%), Fiber: 0.28g (1.13%), Copper: 0.02mg (1.11%)