

 53%  
HEALTH SCORE

## Fluffy Pancake with Fontina

READY IN



85 min.

SERVINGS



2

CALORIES



2101 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 6 eggs
- 3 cups flour all-purpose
- 3 cups fontina grated
- 2 servings thyme leaves fresh
- 0.5 teaspoon nutmeg
- 1 cup parmesan grated
- 1 pinch salt
- 3 tablespoon butter unsalted
- 1.5 cups milk whole

## Equipment

- food processor
- bowl
- frying pan
- ladle
- oven
- blender

## Directions

- Preheat oven to 450 degrees F.
- In a food processor or blender, blend the eggs, nutmeg and milk until just combined.
- Add in the flour and pinch of salt. Blend and count to 5, then stop blending.
- Pour into a bowl and set aside in refrigerator for 30 minutes.
- Melt 1 tablespoon of the butter in 10-inch saute pan. When butter starts to brown, add a large ladle-full and a half (about 8 ounces) of batter. Cook pancake for 10 seconds then place in oven for 10 minutes. Top with 1/3 of the cheese and thyme, if using, and continue to bake for 7 minutes. Continue until the rest of batter is used.
- Serve hot.

## Nutrition Facts



PROTEIN 21.29% FAT 48.4% CARBS 30.31%

## Properties

Glycemic Index:141, Glycemic Load:108.17, Inflammation Score:-10, Nutrition Score:56.615652250207%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg

## Nutrients (% of daily need)

Calories: 2101.49kcal (105.07%), Fat: 111.97g (172.26%), Saturated Fat: 64.97g (406.05%), Carbohydrates: 157.76g (52.59%), Net Carbohydrates: 152.45g (55.44%), Sugar: 13.42g (14.91%), Cholesterol: 821.83mg (273.94%), Sodium: 2667.59mg (115.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 110.83g (221.66%), Selenium: 147.74µg (211.06%), Calcium: 2018.16mg (201.82%), Phosphorus: 1687.93mg (168.79%), Vitamin B2: 2.36mg (139.06%), Vitamin B1: 1.69mg (112.77%), Folate: 422.01µg (105.5%), Vitamin B12: 6.13µg (102.08%), Zinc: 12.12mg (80.79%), Vitamin A: 3780.31IU (75.61%), Manganese: 1.39mg (69.67%), Iron: 12.07mg (67.05%), Vitamin B3: 11.83mg (59.14%), Vitamin B5: 4.63mg (46.31%), Vitamin D: 6.41µg (42.71%), Magnesium: 131.71mg (32.93%), Vitamin B6: 0.63mg (31.66%), Potassium: 842.89mg (24.08%), Copper: 0.45mg (22.32%), Fiber: 5.31g (21.23%), Vitamin E: 2.72mg (18.15%), Vitamin K: 8.98µg (8.55%), Vitamin C: 1.62mg (1.96%)