



## Fluffy Swedish Pancakes

 Vegetarian

READY IN



15 min.

SERVINGS



8

CALORIES



226 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.5 cup butter melted
- ☐ 4 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1 cup milk
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup warm water
- ☐ 3 tablespoons sugar white

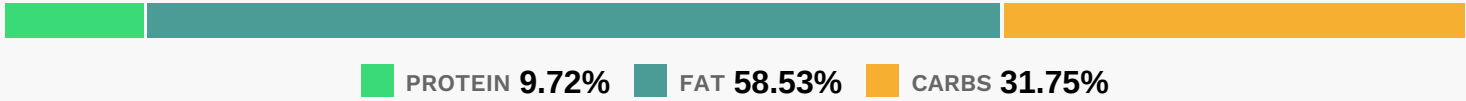
### Equipment

- ☐ frying pan
- ☐ mixing bowl
- ☐ hand mixer

## Directions

- ☐ Blend eggs, milk, warm water, white sugar, flour, and salt together in a large mixing bowl with an electric mixer until well combined into a smooth batter.
- ☐ Stream the melted butter into the batter while continuing to beat.
- ☐ Heat a skillet or crepe pan over medium heat. Coat the cooking surface with a thin layer of butter.
- ☐ Pour a thin layer of batter onto the prepared cooking surface; swirl the pan to assure even coverage.
- ☐ Cook the crepe until browned on the bottom, 1 to 2 minutes; flip the crepe and continue cooking until the other side is browned.
- ☐ Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:29.14, Glycemic Load:12.31, Inflammation Score:-4, Nutrition Score:5.7143478549045%

## Nutrients (% of daily need)

Calories: 225.68kcal (11.28%), Fat: 14.74g (22.68%), Saturated Fat: 8.57g (53.58%), Carbohydrates: 18g (6%), Net Carbohydrates: 17.57g (6.39%), Sugar: 6.09g (6.77%), Cholesterol: 116mg (38.67%), Sodium: 280.49mg (12.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.51g (11.01%), Selenium: 12.8µg (18.29%), Vitamin B2: 0.23mg (13.26%), Vitamin A: 522.76IU (10.46%), Vitamin B1: 0.15mg (9.95%), Folate: 39.36µg (9.84%), Phosphorus: 94.64mg (9.46%), Vitamin B12: 0.38µg (6.41%), Iron: 1.12mg (6.2%), Manganese: 0.11mg (5.72%), Calcium: 56.16mg (5.62%), Vitamin B5: 0.54mg (5.35%), Vitamin D: 0.78µg (5.17%), Vitamin B3: 0.98mg (4.88%), Vitamin E: 0.58mg (3.9%), Zinc: 0.53mg (3.56%), Vitamin B6: 0.06mg (3.17%), Potassium: 96.35mg (2.75%), Magnesium: 10.17mg (2.54%), Copper: 0.04mg (2.07%), Fiber: 0.42g (1.69%), Vitamin K: 1.2µg (1.14%)