



Fruity American pancakes

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



598 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 eggs
- ☐ 1 egg yolk
- ☐ 25 g brown sugar
- ☐ 0.5 tsp double-acting baking powder
- ☐ 85 g butter cooled melted
- ☐ 300 g self raising flour
- ☐ 200 ml milk
- ☐ 4 servings brandy canned (or cherries in syrup)

☐ 4 servings crème fraîche

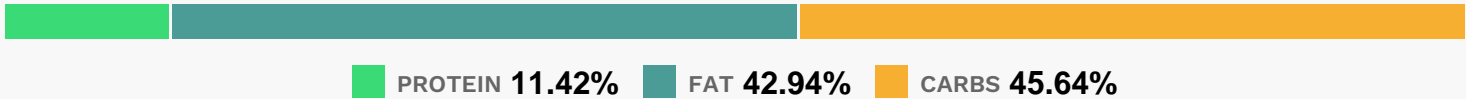
Equipment

☐ frying pan

Directions

- ☐ Beat the whole eggs and yolk with the sugar and baking powder, then add the butter. Beat the flour slowly into the egg mix to make a batter, then pour in the milk and leave to stand in a warm place for 10 mins (the consistency should be like thick custard).
- ☐ Put a frying pan on a medium heat, then rub with buttered kitchen paper. Put large spoonfuls of the mix into the pan (remember, these are thick pancakes) and cook for about 3 mins until bubbles form on top and the edges start to brown. Turn and cook for a further 3 mins. Keep the made pancakes warm and repeat until all the mix is used (any extra pancakes can be frozen for later).
- ☐ Warm the cherries through gently then spoon over the pancakes and top with a big dollop of crme frache.

Nutrition Facts



Properties

Glycemic Index:65.5, Glycemic Load:36.31, Inflammation Score:-6, Nutrition Score:12.815652292708%

Nutrients (% of daily need)

Calories: 598.2kcal (29.91%), Fat: 26.79g (41.21%), Saturated Fat: 14.74g (92.12%), Carbohydrates: 64.06g (21.35%), Net Carbohydrates: 62.26g (22.64%), Sugar: 9.34g (10.38%), Cholesterol: 230.32mg (76.77%), Sodium: 273.32mg (11.88%), Alcohol: 5.01g (100%), Alcohol %: 2.9% (100%), Protein: 16.03g (32.06%), Selenium: 44.14µg (63.05%), Manganese: 0.62mg (30.79%), Phosphorus: 235.39mg (23.54%), Vitamin B2: 0.32mg (18.75%), Vitamin A: 933.92IU (18.68%), Calcium: 155.16mg (15.52%), Vitamin B5: 1.23mg (12.33%), Folate: 48.25µg (12.06%), Vitamin B12: 0.72µg (12.02%), Vitamin D: 1.47µg (9.8%), Zinc: 1.44mg (9.63%), Vitamin E: 1.33mg (8.85%), Copper: 0.17mg (8.63%), Iron: 1.5mg (8.34%), Magnesium: 31.47mg (7.87%), Vitamin B1: 0.11mg (7.62%), Fiber: 1.8g (7.2%), Vitamin B6: 0.14mg (6.97%), Potassium: 231.62mg (6.62%), Vitamin B3: 0.86mg (4.29%), Vitamin K: 2.18µg (2.07%)