



German Fruit Pancake with Mixed Berry Syrup- St. Louis

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



325 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon double-acting baking powder
- 1 pound poached berries mixed frozen
- 2 tablespoons butter
- 3 eggs
- 1.5 cups flour all-purpose
- 0.3 cup maple syrup pure
- 1 cup milk

- 0.5 teaspoon salt
- 0.3 cup sugar
- 1 teaspoon vanilla extract

Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk

Directions

- Preheat oven to 400 degrees F.
- Whisk together eggs, milk, sugar, salt, and vanilla extract. In a separate bowl whisk together flour and baking powder until blended. Dump the dry ingredients into the wet and whisk until homogenous.
- Let stand at least 10 minutes.
- Heat an 8 or 10-inch cast iron skillet in the oven with the butter.
- Pour the batter into the cast iron pan and bake until the pancake is golden brown, puffed up and set in the center, about 15 minutes.
- Heat the berries in a small saucepan with the maple syrup until mixture thickens, but you can still see the berries.
- Serve warm over a wedge of pancake, dusted with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:60.27, Glycemic Load:28.7, Inflammation Score:-5, Nutrition Score:12.356086813885%

Flavonoids

Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg Petunidin: 13.73mg, Petunidin: 13.73mg, Petunidin: 13.73mg, Petunidin: 13.73mg Delphinidin: 16.32mg, Delphinidin: 16.32mg, Delphinidin: 16.32mg, Delphinidin: 16.32mg Malvidin: 37.53mg, Malvidin: 37.53mg, Malvidin: 37.53mg, Malvidin: 37.53mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg, Luteolin: 1.36mg Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg, Kaempferol: 0.83mg Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg, Myricetin: 1.33mg Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg, Quercetin: 3.51mg

Nutrients (% of daily need)

Calories: 324.99kcal (16.25%), Fat: 8g (12.3%), Saturated Fat: 3.93g (24.58%), Carbohydrates: 56.12g (18.71%), Net Carbohydrates: 53.23g (19.36%), Sugar: 27.63g (30.7%), Cholesterol: 96.75mg (32.25%), Sodium: 485.62mg (21.11%), Alcohol: 0.23g (100%), Alcohol %: 0.14% (100%), Protein: 7.69g (15.38%), Manganese: 0.75mg (37.3%), Vitamin B2: 0.57mg (33.53%), Selenium: 18.3µg (26.14%), Calcium: 211.49mg (21.15%), Vitamin B1: 0.31mg (20.88%), Folate: 72.96µg (18.24%), Phosphorus: 171.68mg (17.17%), Vitamin K: 13.01µg (12.39%), Iron: 2.22mg (12.33%), Vitamin B3: 2.32mg (11.58%), Fiber: 2.89g (11.56%), Vitamin B5: 0.73mg (7.26%), Vitamin B12: 0.42µg (7.06%), Vitamin A: 336.08IU (6.72%), Vitamin B6: 0.12mg (6.04%), Potassium: 208.58mg (5.96%), Vitamin D: 0.89µg (5.92%), Zinc: 0.85mg (5.69%), Magnesium: 22.65mg (5.66%), Vitamin E: 0.74mg (4.94%), Copper: 0.09mg (4.38%), Vitamin C: 1.89mg (2.29%)