



German Oven Pancakes

READY IN



25 min.

SERVINGS



4

CALORIES



205 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.5 cup flour all-purpose sifted
- 3 eggs
- 0.5 cup milk
- 2 tablespoons butter melted
- 1 tablespoon sugar
- 0.3 teaspoon salt
- 1 serving fruit fresh cut into bite-sized pieces
- 1 serving whipped cream

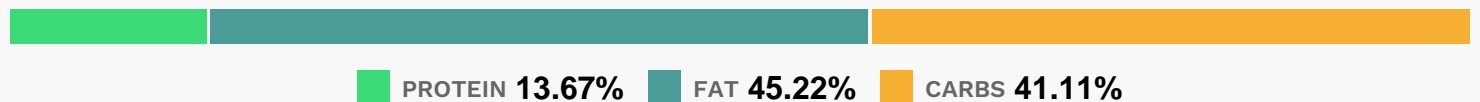
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Preheat oven to 450°F. If you have a convection oven, set it at 425°F (the pancakes rise even higher on the convection setting).
- In a large bowl, lightly beat the eggs with a whisk or fork. Stir in the milk, melted butter, salt and sugar.
- Add the flour to the egg mixture, a big spoonful at a time as you continue to whisk. Be careful not to over-mix, to keep the pancake light and fluffy.
- Lightly spray a 9"-11" oven-safe skillet with cooking spray.
- Pour the batter into a heated skillet (this will yield a more golden brown, puffier pancake).
- Bake 12-18 minutes, just until the edges are golden. Check your pancake at the 12 minute mark. Top with the fresh fruit and whipped cream just before serving.

Nutrition Facts



Properties

Glycemic Index:72.02, Glycemic Load:11.37, Inflammation Score:-4, Nutrition Score:6.979565260203%

Nutrients (% of daily need)

Calories: 204.85kcal (10.24%), Fat: 10.32g (15.87%), Saturated Fat: 5.43g (33.96%), Carbohydrates: 21.1g (7.03%), Net Carbohydrates: 20.21g (7.35%), Sugar: 8.08g (8.98%), Cholesterol: 142.61mg (47.54%), Sodium: 250.75mg (10.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.02g (14.03%), Selenium: 16.12µg (23.02%), Vitamin B2: 0.28mg (16.54%), Phosphorus: 119.59mg (11.96%), Folate: 44.95µg (11.24%), Vitamin B1: 0.16mg (10.49%), Vitamin A: 502.28IU (10.05%), Vitamin B12: 0.47µg (7.91%), Iron: 1.4mg (7.77%), Vitamin B5: 0.71mg (7.13%), Vitamin D: 1µg (6.68%), Calcium: 63.13mg (6.31%), Manganese: 0.13mg (6.28%), Vitamin B3: 1.1mg (5.5%), Zinc: 0.7mg (4.66%), Vitamin B6: 0.09mg (4.36%), Potassium: 138.35mg (3.95%), Vitamin E: 0.54mg (3.62%), Fiber: 0.9g (3.58%),

Copper: 0.07mg (3.46%), Magnesium: 12.85mg (3.21%), Vitamin K: 2.12µg (2.02%)