



German Pancake

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- 2 tablespoons confectioners' sugar
- 3 large eggs
- 0.5 cup flour all-purpose
- 0.3 teaspoon kosher salt
- 2 tablespoons butter unsalted
- 0.5 teaspoon vanilla extract
- 0.5 cup milk whole

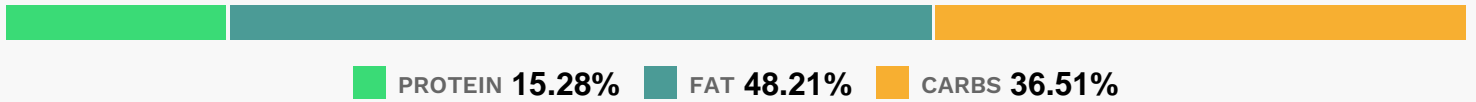
Equipment

- bowl
- frying pan
- oven
- whisk

Directions

- Heat oven to 400 F. In a large bowl, whisk the eggs to combine.
- Add the flour and whisk until smooth.
- Add the milk, salt, and vanilla and mix until incorporated; set aside.
- Add the butter to a large cast-iron skillet and transfer to oven until the butter melts.
- Remove from oven and quickly pour the batter into the hot skillet. Return to oven and bake until the pancake is puffed and golden, about 15 minutes.
- Drizzle the lemon juice (if using) over the pancake.
- Spread the jam (if using) evenly over the top.
- Sprinkle with the confectioners sugar.

Nutrition Facts



Properties

Glycemic Index: 28.25, Glycemic Load: 9.17, Inflammation Score: -3, Nutrition Score: 6.8965216900991%

Nutrients (% of daily need)

Calories: 195.99kcal (9.8%), Fat: 10.37g (15.96%), Saturated Fat: 5.36g (33.51%), Carbohydrates: 17.68g (5.89%), Net Carbohydrates: 17.26g (6.27%), Sugar: 5.63g (6.25%), Cholesterol: 158.21mg (52.74%), Sodium: 211.39mg (9.19%), Alcohol: 0.17g (100%), Alcohol %: 0.23% (100%), Protein: 7.4g (14.8%), Selenium: 17.48µg (24.98%), Vitamin B2: 0.29mg (17.31%), Phosphorus: 123.64mg (12.36%), Folate: 46.43µg (11.61%), Vitamin B1: 0.16mg (10.34%), Vitamin A: 426.84IU (8.54%), Vitamin B12: 0.51µg (8.51%), Vitamin D: 1.19µg (7.94%), Iron: 1.39mg (7.7%), Vitamin B5: 0.76mg (7.65%), Calcium: 62.72mg (6.27%), Manganese: 0.12mg (6.01%), Vitamin B3: 0.99mg (4.94%), Zinc: 0.73mg (4.84%), Vitamin B6: 0.09mg (4.48%), Vitamin E: 0.58mg (3.87%), Potassium: 116.75mg (3.34%), Magnesium: 11.8mg (2.95%), Copper: 0.05mg (2.58%), Fiber: 0.42g (1.69%)