



German Pancake

READY IN



45 min.

SERVINGS



4

CALORIES



894 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 0.5 pint blueberries rinsed
- ☐ 1.3 pounds bosc pears
- ☐ 2 tablespoons calvados
- ☐ 6 inch long cinnamon sticks
- ☐ 4 servings confectioners' sugar
- ☐ 3 large eggs
- ☐ 1.3 pounds granny smith apples
- ☐ 1 juice of lemon
- ☐ 1 tablespoon juice of lemon freshly squeezed

- ☐ 0.5 lemon zest grated
- ☐ 4 servings serving suggestion: maple syrup
- ☐ 1 cup milk warmed
- ☐ 2 tablespoons orange juice freshly squeezed
- ☐ 0.5 orange zest grated
- ☐ 2 orange zest grated
- ☐ 4 servings glazed apples and pears
- ☐ 0.5 pint raspberries
- ☐ 0.5 teaspoon salt fine
- ☐ 2 tablespoons sugar
- ☐ 3 tablespoons sugar
- ☐ 1 cup unbleached flour all-purpose
- ☐ 0.3 cup butter unsalted
- ☐ 2 tablespoons butter unsalted melted
- ☐ 1 vanilla pod split with a knife and reserved
- ☐ 1 teaspoon vanilla extract
- ☐ 2 teaspoons vegetable shortening
- ☐ 1 cup water
- ☐ 0.5 pint if rinsed trimmed halved quartered

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk

Directions

- ☐ Preheat the oven to 425 degrees F.
- ☐ In a medium bowl, whisk together the eggs, salt, sugar, milk, vanilla, and butter.
- ☐ Whisk in the flour to make a smooth batter. Set aside.
- ☐ Heat a well-seasoned 10-inch cast-iron skillet in the oven for 10 minutes.
- ☐ Remove and brush the inside with the shortening.
- ☐ Pour in the batter and bake for 15 minutes.
- ☐ Lower the oven to 350 degrees F. and continue baking until puffed and golden brown, about 13 to 15 minutes more. Run a knife around the edge of the skillet. Sift the confectioners' sugar over the pancake.
- ☐ Serve immediately in the skillet with maple syrup, marinated berries, or glazed apples and pears.
- ☐ In a small saucepan, combine the sugar, vanilla bean and seeds, citrus zests, and water. Bring to a boil and then reduce the heat to low. Simmer very gently until syrupy, about 25 minutes.
- ☐ Remove from the heat and add the citrus juices.
- ☐ Combine the berries in a bowl. Strain the warm syrup over the berries and marinate at room temperature for 30 minutes.
- ☐ Serve.
- ☐ Peel, core, and cut both the apples and pears into 3/4-inch wedges. In a medium bowl, toss the fruit with the lemon juice.
- ☐ Melt the butter in a medium skillet over medium heat.
- ☐ Add the sugar, orange zest, and cinnamon sticks and stir until sugar is dissolved.
- ☐ Add the fruit, increase the heat to medium-high, and cook, shaking the pan frequently, until glazed, about 10 minutes. Raise the heat to high, add the orange juice, and cook until the fruit is easily pierced with a paring knife, about 1 minute more. If desired, add the Calvados. If cooking on a gas burner, carefully tip the pan toward the flame to flambe the alcohol; if cooking over an electric element, hold a long match near the mixture. Swirl the pan over the heat until the flame subsides.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:143.3, Glycemic Load:58.09, Inflammation Score:-9, Nutrition Score:32.572608698969%

Flavonoids

Cyanidin: 41.63mg, Cyanidin: 41.63mg, Cyanidin: 41.63mg, Cyanidin: 41.63mg Petunidin: 18.9mg, Petunidin: 18.9mg, Petunidin: 18.9mg, Petunidin: 18.9mg Delphinidin: 21.92mg, Delphinidin: 21.92mg, Delphinidin: 21.92mg, Delphinidin: 21.92mg Malvidin: 40.06mg, Malvidin: 40.06mg, Malvidin: 40.06mg, Malvidin: 40.06mg Pelargonidin: 15.28mg, Pelargonidin: 15.28mg, Pelargonidin: 15.28mg, Pelargonidin: 15.28mg Peonidin: 12.13mg, Peonidin: 12.13mg, Peonidin: 12.13mg, Peonidin: 12.13mg Catechin: 8.42mg, Catechin: 8.42mg, Catechin: 8.42mg, Catechin: 8.42mg Epigallocatechin: 3.31mg, Epigallocatechin: 3.31mg, Epigallocatechin: 3.31mg, Epigallocatechin: 3.31mg Epicatechin: 24.94mg, Epicatechin: 24.94mg, Epicatechin: 24.94mg, Epicatechin: 24.94mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 1.18mg, Epigallocatechin 3-gallate: 1.18mg, Epigallocatechin 3-gallate: 1.18mg, Epigallocatechin 3-gallate: 1.18mg Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 2.64mg, Hesperetin: 2.64mg, Hesperetin: 2.64mg, Hesperetin: 2.64mg Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg, Naringenin: 0.49mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg, Kaempferol: 1.51mg Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg, Myricetin: 0.8mg Quercetin: 14.15mg, Quercetin: 14.15mg, Quercetin: 14.15mg, Quercetin: 14.15mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 893.84kcal (44.69%), Fat: 27.22g (41.88%), Saturated Fat: 14.01g (87.59%), Carbohydrates: 155.18g (51.73%), Net Carbohydrates: 133.22g (48.44%), Sugar: 95.28g (105.87%), Cholesterol: 192.37mg (64.12%), Sodium: 382.29mg (16.62%), Alcohol: 2.85g (100%), Alcohol %: 0.39% (100%), Protein: 13.44g (26.87%), Vitamin C: 95.59mg (115.87%), Manganese: 1.98mg (98.87%), Fiber: 21.95g (87.82%), Vitamin B2: 0.87mg (50.92%), Vitamin K: 37.65µg (35.86%), Selenium: 24.48µg (34.98%), Folate: 138.65µg (34.66%), Vitamin B1: 0.45mg (29.73%), Potassium: 1015.08mg (29%), Phosphorus: 270.99mg (27.1%), Copper: 0.51mg (25.69%), Calcium: 223.64mg (22.36%), Vitamin A: 1096.81IU (21.94%), Iron: 3.91mg (21.72%), Magnesium: 81.19mg (20.3%), Vitamin B6: 0.38mg (18.98%), Vitamin E: 2.81mg (18.73%), Vitamin B3: 3.56mg (17.78%), Vitamin B5: 1.63mg (16.34%), Zinc: 1.97mg (13.15%), Vitamin B12: 0.7µg (11.65%), Vitamin D: 1.74µg (11.59%)