



## German Pancake with Buttermilk Sauce

 Vegetarian  Popular

READY IN



40 min.

SERVINGS



15

CALORIES



214 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

### Ingredients

- 1 teaspoon baking soda
- 0.5 cup butter
- 0.8 cup buttermilk
- 2 tablespoons plus light
- 6 eggs
- 1 cup flour all-purpose
- 1 cup milk
- 2 teaspoons vanilla extract

1.5 cups sugar white

## Equipment

frying pan

sauce pan

oven

blender

baking pan

## Directions

Preheat oven to 400 degrees F (200 degrees C). Grease a 9x13 inch baking pan with the melted butter.

Place eggs, milk and flour in a blender and whip until smooth.

Pour into prepared pan.

Bake in preheated oven for 20 minutes, or until golden.

In a small saucepan, combine sugar, buttermilk, butter, corn syrup, baking soda; boil for 7 minutes.

Remove from heat and stir in vanilla. Spoon over slices of pancake.

## Nutrition Facts



## Properties

Glycemic Index:18.87, Glycemic Load:19.46, Inflammation Score:-2, Nutrition Score:4.0256522090539%

## Nutrients (% of daily need)

Calories: 213.79kcal (10.69%), Fat: 8.88g (13.66%), Saturated Fat: 4.98g (31.15%), Carbohydrates: 30.08g (10.03%), Net Carbohydrates: 29.85g (10.85%), Sugar: 23.74g (26.38%), Cholesterol: 85.01mg (28.34%), Sodium: 167.62mg (7.29%), Alcohol: 0.18g (100%), Alcohol %: 0.27% (100%), Protein: 4.06g (8.12%), Selenium: 9.2µg (13.14%), Vitamin B2: 0.17mg (10.09%), Phosphorus: 72.33mg (7.23%), Vitamin A: 330.28IU (6.61%), Folate: 24.35µg (6.09%), Vitamin B1: 0.09mg (5.96%), Vitamin B12: 0.31µg (5.21%), Calcium: 47.37mg (4.74%), Vitamin D: 0.69µg (4.58%), Vitamin B5: 0.42mg (4.21%), Iron: 0.71mg (3.95%), Manganese: 0.06mg (3.25%), Zinc: 0.42mg (2.8%), Vitamin B3: 0.54mg

(2.69%), Vitamin E: 0.38mg (2.55%), Vitamin B6: 0.05mg (2.41%), Potassium: 76.84mg (2.2%), Magnesium: 7.34mg (1.84%), Copper: 0.03mg (1.48%)