



German Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



230 kcal

MORNING MEAL

BRUNCH

BREAKFAST

DESSERT

Ingredients

- ☐ 6 tablespoons apricot preserves
- ☐ 1 eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup skim milk
- ☐ 1 tablespoon sugar

Equipment

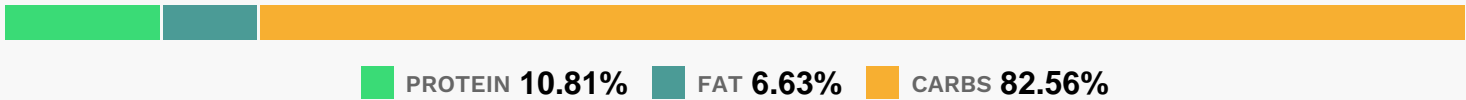
- ☐ bowl

- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ wax paper
- ☐ spatula

Directions

- ☐ Combine first 3 ingredients in a medium bowl; stir well.
- ☐ Combine milk and egg in a small bowl; stir well.
- ☐ Add to flour mixture, stirring well with a wire whisk.
- ☐ Coat a 10-inch nonstick skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Remove pan from heat, and pour a scant 1/4 cup batter into pan; quickly tilt pan in all directions so batter covers pan with a thin film. Cook about 1 minute.
- ☐ Lift edge of pancake carefully with a spatula to test for doneness (pancake is ready to turn when it can be shaken loose from pan and the underside is lightly browned). Turn pancake over, and cook an additional 30 seconds.
- ☐ Place pancake on a towel, and let cool. Repeat procedure with remaining batter. Stack pancakes between single layers of wax paper or paper towels to prevent sticking.
- ☐ Spread 1 tablespoon preserves over each pancake, and roll up.
- ☐ Garnish with orange slices and raspberries, if desired.
- ☐ Sprinkle with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:59.45, Glycemic Load:15.29, Inflammation Score:-3, Nutrition Score:6.9530434754232%

Flavonoids

Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg,

Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 229.83kcal (11.49%), Fat: 1.74g (2.68%), Saturated Fat: 0.53g (3.28%), Carbohydrates: 48.74g (16.25%), Net Carbohydrates: 48.06g (17.48%), Sugar: 24.56g (27.28%), Cholesterol: 56.4mg (18.8%), Sodium: 159.29mg (6.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.38g (12.76%), Selenium: 13.61µg (19.45%), Vitamin B2: 0.26mg (15.28%), Vitamin B1: 0.2mg (13.58%), Phosphorus: 118.28mg (11.83%), Folate: 46.64µg (11.66%), Calcium: 100.29mg (10.03%), Manganese: 0.16mg (8.22%), Vitamin B12: 0.49µg (8.1%), Iron: 1.42mg (7.9%), Vitamin B3: 1.33mg (6.64%), Vitamin D: 0.97µg (6.45%), Vitamin A: 286.15IU (5.72%), Vitamin B5: 0.54mg (5.43%), Potassium: 175.72mg (5.02%), Vitamin C: 3.52mg (4.27%), Zinc: 0.64mg (4.24%), Copper: 0.08mg (4.11%), Vitamin B6: 0.08mg (3.88%), Magnesium: 15.3mg (3.82%), Fiber: 0.68g (2.73%), Vitamin E: 0.22mg (1.46%)