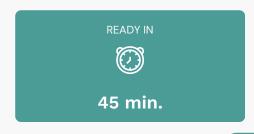
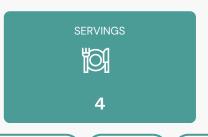


German Skillet-Baked Pancakes

Vegetarian







MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

Ш	4 servings confectioners' sugar
	8 extra large eggs
	1 cup flour all-purpose
	1 cup half-and-half

2 lemons cut into wedges

4 tablespoons butter unsalted melted

Equipment

bowl

П	frying pan	
Ħ	oven	
$\overline{\sqcap}$	blender	
	spatula	
Directions		
	Preheat the oven to 425°F.	
	In a large blender, combine the eggs, flour, and half-and-half. Blend on medium speed until the batter is fairly thick and smooth, scraping down the sides of the blender container several times.	
	Place 4 tablespoons of the softened butter in each of two 10-inch or 11-inch cast-iron skillets.	
	Place each skillet over low heat and melt the butter.	
	Pour the batter over the melted butter in the skillets, making sure the batter is evenly distributed.	
	Carefully slide the skillets into the oven.	
	Bake the pancakes for 25 minutes, or until puffed and golden.	
	Transfer the pancakes from the skillets to large plates or shallow bowls with a large spatula. Immediately pour 2 tablespoons of melted butter over each pancake.	
	Sprinkle with confectioners' sugar and place wedges of lemon for squeezing on top of the sugared pancakes.	
	Serve immediately.	
	Silver is also the author of Bubby's Homemade Pies. He lives in New York.	
Nutrition Facts		
	20070V 45 770/	
	PROTEIN 15.77% FAT 52.37% CARBS 31.86%	

Properties

Glycemic Index:25.13, Glycemic Load:18.15, Inflammation Score:-7, Nutrition Score:19.525652066521%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 0.02mg, N

Nutrients (% of daily need)

Calories: 500.33kcal (25.02%), Fat: 29.43g (45.28%), Saturated Fat: 15.02g (93.87%), Carbohydrates: 40.28g (13.43%), Net Carbohydrates: 37.92g (13.79%), Sugar: 12.18g (13.53%), Cholesterol: 467.92mg (155.97%), Sodium: 199.35mg (8.67%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 19.95g (39.89%), Selenium: 47.32µg (67.6%), Vitamin B2: 0.8mg (47.1%), Vitamin C: 29.16mg (35.35%), Phosphorus: 324.98mg (32.5%), Folate: 118µg (29.5%), Vitamin A: 1180.71IU (23.61%), Vitamin B1: 0.33mg (22.04%), Vitamin B5: 2.15mg (21.47%), Iron: 3.77mg (20.95%), Vitamin B12: 1.14µg (18.93%), Vitamin D: 2.45µg (16.33%), Calcium: 149.62mg (14.96%), Vitamin B6: 0.28mg (13.9%), Manganese: 0.26mg (13.11%), Zinc: 1.95mg (12.97%), Vitamin E: 1.75mg (11.68%), Vitamin B3: 2.05mg (10.27%), Potassium: 345.9mg (9.88%), Fiber: 2.36g (9.42%), Magnesium: 30.97mg (7.74%), Copper: 0.15mg (7.69%), Vitamin K: 2.2µg (2.09%)