



German Skillet-Baked Pancakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



500 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 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

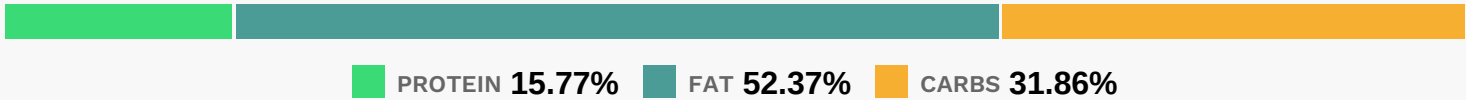
- ☐ bowl

- ☐ frying pan
- ☐ oven
- ☐ 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



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 Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

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 %: 0% (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%)