



Griddle Cakes with Marmalade and Clotted Cream

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 1 cup buttermilk well-shaken
- ☐ 4 servings crème fraîche
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup oats

- ☐ 0.3 teaspoon salt
- ☐ 2 teaspoons sugar
- ☐ 5 tablespoons butter unsalted cooled melted

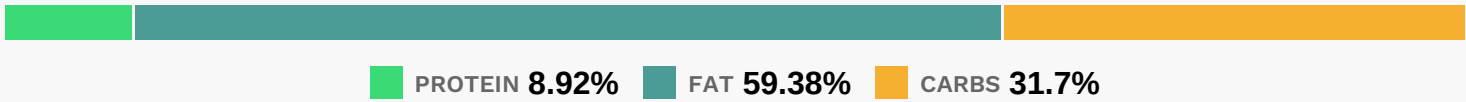
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ Put oven rack in middle position and preheat oven to 200°F. Warm 4 plates in oven.
- ☐ Heat a well-seasoned griddle or heavy skillet (preferably cast-iron) over moderately low heat until hot.
- ☐ While griddle heats, whisk together flour, oats, sugar, baking powder, baking soda, and salt, then whisk in buttermilk, egg, and 3 tablespoons butter until combined.
- ☐ Brush hot griddle with some of remaining butter, then spoon 3 tablespoons batter per oatcake onto hot griddle and cook until bubbles appear on surface, edges are set, and undersides are golden, 1 to 2 minutes. Flip cakes with a large spatula and cook until tops spring back when pressed gently, 1 to 2 minutes more.
- ☐ Transfer as cooked to plates in oven and loosely cover with foil.
- ☐ Brush griddle with butter between batches if necessary.
- ☐ Brush griddle cakes with any remaining butter and serve immediately.

Nutrition Facts



Properties

Glycemic Index:83.27, Glycemic Load:15.06, Inflammation Score:-5, Nutrition Score:9.3234782115273%

Nutrients (% of daily need)

Calories: 307.02kcal (15.35%), Fat: 20.55g (31.62%), Saturated Fat: 11.87g (74.18%), Carbohydrates: 24.69g (8.23%), Net Carbohydrates: 23.31g (8.48%), Sugar: 5.58g (6.2%), Cholesterol: 97.81mg (32.6%), Sodium: 475.17mg (20.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.89%), Manganese: 0.55mg (27.54%), Selenium: 15.43µg (22.05%), Phosphorus: 174.27mg (17.43%), Vitamin B2: 0.28mg (16.24%), Calcium: 158.3mg (15.83%), Vitamin B1: 0.21mg (14.26%), Vitamin A: 678.59IU (13.57%), Folate: 41.96µg (10.49%), Magnesium: 40.13mg (10.03%), Iron: 1.56mg (8.65%), Vitamin D: 1.29µg (8.62%), Vitamin B12: 0.44µg (7.37%), Vitamin B5: 0.62mg (6.2%), Zinc: 0.88mg (5.86%), Fiber: 1.38g (5.51%), Vitamin B3: 1.09mg (5.44%), Potassium: 170.72mg (4.88%), Vitamin E: 0.71mg (4.7%), Copper: 0.09mg (4.47%), Vitamin B6: 0.07mg (3.27%), Vitamin K: 1.99µg (1.9%)