



Jam Pancakes Flamed with Kirsch

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



776 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 1 cup cherry preserves
- ☐ 3 tablespoons corn oil
- ☐ 4 servings additional corn oil
- ☐ 3 large eggs
- ☐ 1 tablespoon kirsch liqueur (clear cherry brandy)
- ☐ 3 tablespoons kirsch liqueur
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 pinch salt
- ☐ 0.3 cup slivered almonds toasted
- ☐ 0.3 cup sugar
- ☐ 1 cup unbleached all purpose flour
- ☐ 0.3 cup butter unsalted melted ()
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.5 cup water
- ☐ 0.5 cup milk whole

Equipment

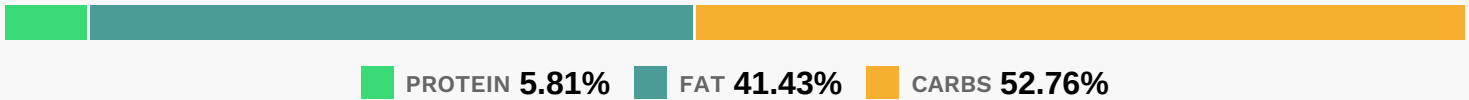
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ baking pan
- ☐ broiler

Directions

- ☐ Mix preserves, lemon juice, and 1 tablespoon kirsch in small bowl.
- ☐ Combine first 7 ingredients, 1/4 cup sugar, and 3 tablespoons kirsch in blender. Blend until smooth.
- ☐ Add flour and blend until smooth.
- ☐ Let batter stand 1 hour.
- ☐ Stir batter to blend. Lightly brush 7- to 8-inch-diameter nonstick skillet with oil; heat over medium heat. Using 3 tablespoons batter for each pancake, add batter to skillet and quickly tilt pan to coat bottom completely (pancake will be thin). Cook pancake until light golden on bottom, about 30 seconds. Turn pancake over and cook until bottom is pale golden, about 20 seconds.
- ☐ Transfer to plate. Repeat with remaining batter, brushing skillet lightly with oil before cooking each pancake and stacking pancakes on plate between sheets of waxed paper.

- ☐ Butter 13x9x2-inch broilerproof baking dish.
- ☐ Place 1 pancake on work surface, pale side up.
- ☐ Spread scant 2 tablespoons filling over half of pancake. Fold other half of pancake over filling, then fold in half again, forming triangle. Repeat with 7 more pancakes and remaining filling. Arrange pancakes in prepared baking dish. (Can be prepared 6 hours ahead. Cover tightly and refrigerate. Bring to room temperature before continuing.)
- ☐ Preheat broiler.
- ☐ Drizzle melted butter over pancakes; sprinkle with 1 tablespoon sugar. Broil just until edges of pancakes are brown, about 2 minutes.
- ☐ Warm remaining 1/3 cup kirsch in small saucepan over low heat.
- ☐ Remove from heat. Using long match, carefully ignite kirsch; pour over pancakes. Divide pancakes among 4 plates.
- ☐ Sprinkle with almonds and serve.

Nutrition Facts



Properties

Glycemic Index:50.77, Glycemic Load:41.03, Inflammation Score:-6, Nutrition Score:14.202608626822%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 776.36kcal (38.82%), Fat: 34.33g (52.82%), Saturated Fat: 10.51g (65.67%), Carbohydrates: 98.36g (32.79%), Net Carbohydrates: 95.73g (34.81%), Sugar: 55.87g (62.07%), Cholesterol: 173.66mg (57.89%), Sodium: 105.83mg (4.6%), Alcohol: 5.22g (100%), Alcohol %: 2.36% (100%), Protein: 10.83g (21.67%), Selenium: 24.88µg (35.55%), Vitamin E: 4.8mg (31.98%), Vitamin B2: 0.52mg (30.49%), Folate: 88.31µg (22.08%), Manganese: 0.42mg (20.94%), Vitamin B1: 0.31mg (20.49%), Phosphorus: 191.76mg (19.18%), Iron: 2.79mg (15.51%), Vitamin A: 607.37IU

(12.15%), Copper: 0.24mg (11.95%), Vitamin B3: 2.19mg (10.97%), Vitamin C: 8.93mg (10.83%), Fiber: 2.63g (10.53%), Calcium: 103.08mg (10.31%), Magnesium: 37.54mg (9.38%), Vitamin B5: 0.89mg (8.95%), Vitamin B12: 0.52µg (8.71%), Vitamin D: 1.3µg (8.66%), Zinc: 1.11mg (7.43%), Potassium: 254.61mg (7.27%), Vitamin K: 7.41µg (7.06%), Vitamin B6: 0.12mg (6.24%)