



## Maple-Topped Oven Pancake

READY IN



50 min.

SERVINGS



9

CALORIES



300 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 0.5 cup brown sugar packed
- 0.3 cup butter
- 0.5 cup maple syrup
- 1.5 cups baking mix
- 0.3 cup brown sugar packed
- 1 cup milk
- 2 eggs
- 1 serving maple syrup

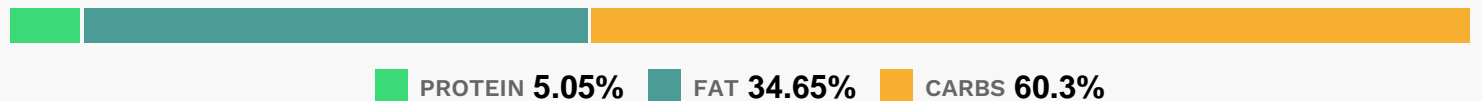
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk

## Directions

- Heat oven to 350°.
- Heat 1/2 cup brown sugar, the margarine and syrup in 1-quart saucepan over low heat, stirring occasionally, until melted.
- Pour into ungreased rectangular pan, 13x9x2 inches.
- Beat remaining ingredients in medium bowl, using wire whisk or fork, until blended. Carefully pour over syrup mixture.
- Bake uncovered 30 to 35 minutes or until top springs back when touched in center.
- Cut into 3-inch squares; turn each square upside down onto plate.
- Serve immediately, with maple-flavored syrup.

## Nutrition Facts



## Properties

Glycemic Index:12.33, Glycemic Load:5.43, Inflammation Score:-3, Nutrition Score:6.9191303914008%

## Nutrients (% of daily need)

Calories: 300.26kcal (15.01%), Fat: 11.65g (17.92%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 45.61g (15.2%), Net Carbohydrates: 45.19g (16.43%), Sugar: 33.5g (37.23%), Cholesterol: 40.03mg (13.34%), Sodium: 365.61mg (15.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Manganese: 0.55mg (27.31%), Vitamin B2: 0.43mg (25.18%), Phosphorus: 166.41mg (16.64%), Calcium: 114.28mg (11.43%), Vitamin B1: 0.15mg (9.88%), Vitamin A: 398.25IU (7.97%), Selenium: 5.24µg (7.48%), Folate: 29.86µg (7.47%), Vitamin B12: 0.32µg (5.33%), Vitamin B3: 0.98mg (4.91%), Iron: 0.88mg (4.87%), Vitamin B5: 0.46mg (4.59%), Potassium: 159.92mg (4.57%), Magnesium:

15.55mg (3.89%), Zinc: 0.5mg (3.36%), Vitamin D: 0.49µg (3.29%), Vitamin B6: 0.06mg (2.83%), Vitamin E: 0.4mg (2.69%), Copper: 0.05mg (2.34%), Fiber: 0.42g (1.68%), Vitamin K: 1.41µg (1.34%)