



Maple-Topped Oven Pancake

READY IN



50 min.

SERVINGS



9

CALORIES



348 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

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

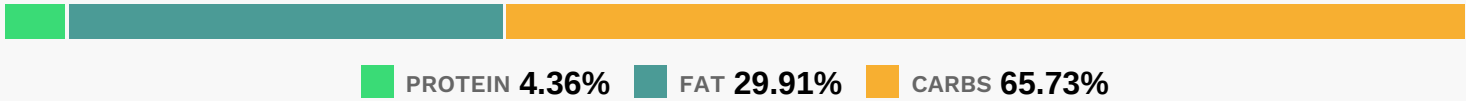
Equipment

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

Directions

- ☐ Heat oven to 35
- ☐ 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:9.8, Inflammation Score:-3, Nutrition Score:8.6373912186726%

Nutrients (% of daily need)

Calories: 348.26kcal (17.41%), Fat: 11.65g (17.92%), Saturated Fat: 3.01g (18.8%), Carbohydrates: 57.59g (19.2%), Net Carbohydrates: 57.17g (20.79%), Sugar: 44.16g (49.06%), Cholesterol: 40.03mg (13.34%), Sodium: 367.21mg (15.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.82g (7.64%), Manganese: 0.95mg (47.75%), Vitamin B2: 0.65mg (38.46%), Phosphorus: 166.41mg (16.64%), Calcium: 133.66mg (13.37%), Vitamin B1: 0.16mg (10.66%), Vitamin A: 398.25IU (7.97%), Selenium: 5.24µg (7.48%), Folate: 29.86µg (7.47%), Potassium: 199.92mg (5.71%), Vitamin B12: 0.32µg (5.33%), Vitamin B3: 1mg (4.98%), Iron: 0.9mg (4.98%), Magnesium: 19.29mg (4.82%), Vitamin

B5: 0.46mg (4.59%), Zinc: 0.63mg (4.19%), 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%)