



Norwegian Pancakes - Pannekaken

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



146 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 eggs
- 1 cup flour all-purpose
- 1.5 cups milk
- 0.3 teaspoon salt
- 1 teaspoon sugar

Equipment

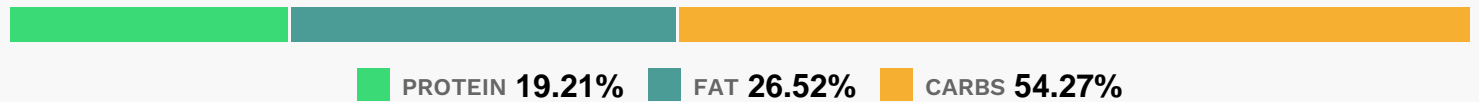
- frying pan
- blender

spatula

Directions

- Combine the eggs and milk in the container of a blender.
- Add the flour, salt and sugar, and blend until smooth.
- Heat a skillet over medium-high heat, and coat with cooking spray or butter. Scoop about 1/4 cup of batter into the skillet, and tilt the pan to coat the bottom. Cook until the top looks dry, about 30 seconds. Carefully slide a spatula under the pancake and flip. Cook for a few seconds on the other side, just until browned.
- Remove to a plate, and repeat with remaining batter.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:13.05, Inflammation Score:-3, Nutrition Score:6.8660870090775%

Nutrients (% of daily need)

Calories: 146.46kcal (7.32%), Fat: 4.25g (6.54%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 19.57g (6.52%), Net Carbohydrates: 19.01g (6.91%), Sugar: 3.74g (4.15%), Cholesterol: 89.16mg (29.72%), Sodium: 151.74mg (6.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.85%), Selenium: 14.98µg (21.4%), Vitamin B2: 0.29mg (16.93%), Vitamin B1: 0.21mg (13.77%), Phosphorus: 127.67mg (12.77%), Folate: 48.47µg (12.12%), Calcium: 90.54mg (9.05%), Vitamin B12: 0.53µg (8.75%), Manganese: 0.15mg (7.55%), Iron: 1.35mg (7.52%), Vitamin D: 1.11µg (7.41%), Vitamin B5: 0.66mg (6.56%), Vitamin B3: 1.31mg (6.55%), Zinc: 0.68mg (4.53%), Vitamin A: 217.62IU (4.35%), Vitamin B6: 0.08mg (4.19%), Potassium: 144.18mg (4.12%), Magnesium: 14.55mg (3.64%), Copper: 0.05mg (2.33%), Fiber: 0.56g (2.25%), Vitamin E: 0.27mg (1.83%)