

BREAKFAST

Oven Pear Pancake

3 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$0.80	314 kcal



If you have roughly 45 minutes to spend in the kitchen, Oven Pear Pancake might be a tremendous lacto ovo vegetarian recipe to try. This breakfast has 314 calories, 7g of protein, and 8g of fat per serving. This recipe serves 4.

Ingredients

☐ 3 eggs	☐ ¼ cup flour
☐ ½ teaspoon ground cinnamon	☐ 2 pears
☐ 1 pinch Pinch of salt	☐ ½ cup minus 2 tablespoons sugar
☐ 2 tablespoons sugar	☐ 1 tablespoon melted unsalted butter
☐ 2 teaspoons vanilla	☐ 1 cup whole milk

EQUIPMENT Oven, Blender, Broiler

Method

- 1 Heat oven to 400 F. Lightly coat a 9-inch pie plate with vegetable cooking spray. Peel, core, and cut pears into eighths and arrange them in the pie plate.
- 2 Combine sugar, flour, eggs, milk, vanilla, butter, and salt in a blender. Pulse until smooth, about 30 seconds.
- 3 Pour over the pears.
- 4 Place in the oven and bake until springy to the touch, 25 to 30 minutes.
- 5 Remove from oven.
- 6 Heat broiler.
- 7 Sprinkle the pancake with 1/2 teaspoon ground cinnamon and 2 tablespoons sugar. Broil until browned, about 1 minute.
- 8 Serve warm.

Nutrition per serving

314

KCAL

7 g

PROTEIN

8 g

FAT

54 g

CARBS

Saturated Fat	4 g · 25% of daily needs
Fibre	3.1 g · 12% of daily needs
Sugar	43 g · 48% of daily needs
Sodium	81.7 mg · 4% of daily needs
Cholesterol	138 mg · 46% of daily needs
Vitamin C	3.8 mg · 5% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/oven-pear-pancake-147508