



Oven-Puffed Pancake

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



138 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 1 tablespoon butter
- 1 large eggs
- 1 large egg white
- 0.5 cup milk fat-free
- 0.5 cup flour all-purpose
- 2 tablespoons granulated sugar
- 0.3 teaspoon salt

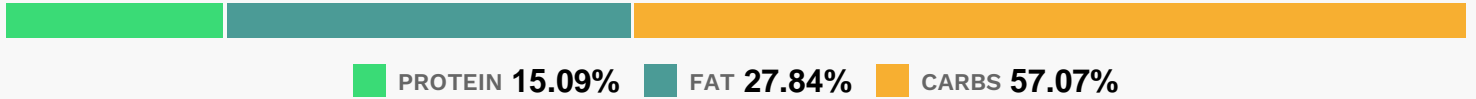
Equipment

- frying pan
- oven
- knife
- measuring cup

Directions

- Preheat oven to 42
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour and next 5 ingredients (flour through egg white); stir until moist.
- Melt butter in a 10-inch cast-iron skillet over medium heat.
- Pour batter into pan; cook 1 minute (do not stir).
- Bake at 425 for 18 minutes or until golden.
- Sprinkle with powdered sugar, if desired.
- Cut into quarters; serve immediately.

Nutrition Facts



Properties

Glycemic Index:57.09, Glycemic Load:13.31, Inflammation Score:-2, Nutrition Score:4.731304295685%

Nutrients (% of daily need)

Calories: 137.65kcal (6.88%), Fat: 4.24g (6.52%), Saturated Fat: 2.23g (13.93%), Carbohydrates: 19.55g (6.52%), Net Carbohydrates: 19.13g (6.96%), Sugar: 7.68g (8.54%), Cholesterol: 54.94mg (18.31%), Sodium: 212.22mg (9.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.17g (10.34%), Selenium: 11.47µg (16.38%), Vitamin B2: 0.21mg (12.53%), Vitamin B1: 0.15mg (9.69%), Folate: 35.52µg (8.88%), Phosphorus: 76.47mg (7.65%), Manganese: 0.11mg (5.63%), Iron: 0.96mg (5.31%), Calcium: 51.34mg (5.13%), Vitamin B12: 0.3µg (5.04%), Vitamin B3: 0.98mg (4.89%), Vitamin A: 217.44IU (4.35%), Vitamin D: 0.59µg (3.91%), Vitamin B5: 0.39mg (3.89%), Potassium: 99.55mg (2.84%), Zinc: 0.41mg (2.77%), Magnesium: 9.59mg (2.4%), Vitamin B6: 0.05mg (2.32%), Copper: 0.03mg (1.73%), Fiber: 0.42g (1.69%), Vitamin E: 0.22mg (1.48%)