



Oven-Puffed Pancake with Fresh Raspberries

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



141 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 large eggs
- 0.3 cup flour all-purpose
- 2 tablespoons granulated sugar
- 1 teaspoon powdered sugar
- 1 cup raspberries fresh
- 0.3 cup soymilk

Equipment

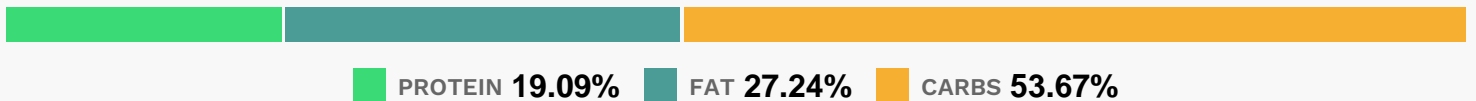
- bowl

- frying pan
- oven
- knife
- whisk
- aluminum foil
- measuring cup

Directions

- Preheat oven to 42
- Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, soy milk, granulated sugar, and eggs in a bowl, stirring with a whisk until smooth.
- Pour mixture into a medium nonstick skillet coated with cooking spray. Wrap handle of pan with foil.
- Bake at 425 for 18 minutes or until puffy and golden. Top with raspberries; sprinkle with powdered sugar.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.13, Glycemic Load:10.56, Inflammation Score:-3, Nutrition Score:8.0821739176045%

Flavonoids

Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg, Cyanidin: 13.73mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg, Epicatechin: 1.06mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 141.04kcal (7.05%), Fat: 4.27g (6.58%), Saturated Fat: 1.24g (7.73%), Carbohydrates: 18.94g (6.31%), Net Carbohydrates: 16.63g (6.05%), Sugar: 8.47g (9.41%), Cholesterol: 139.5mg (46.5%), Sodium: 63.66mg (2.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.74g (13.48%), Selenium: 15.6µg (22.28%), Vitamin B2: 0.27mg (16.15%), Manganese: 0.28mg (14.14%), Folate: 49.28µg (12.32%), Vitamin C: 9.28mg (11.24%), Phosphorus: 94.2mg (9.42%), Fiber: 2.31g (9.24%), Vitamin B12: 0.55µg (9.1%), Iron: 1.45mg (8.03%), Vitamin B1: 0.12mg (7.9%), Vitamin E: 1.16mg (7.71%), Vitamin B3: 1.47mg (7.35%), Vitamin B5: 0.72mg (7.19%), Vitamin D: 0.99µg (6.57%), Vitamin B6: 0.13mg (6.53%), Vitamin A: 289.69IU (5.79%), Calcium: 57.66mg (5.77%), Zinc: 0.73mg (4.87%), Copper: 0.09mg (4.68%), Potassium: 136.06mg (3.89%), Magnesium: 13.39mg (3.35%), Vitamin K: 2.48µg (2.37%)