



Pancake Cake with Maple Cream Frosting

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



514 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons double-acting baking powder
- ☐ 3 tablespoons powdered sugar sifted
- ☐ 2 tablespoons cornmeal
- ☐ 11 ounces cream cheese at room temperature
- ☐ 2 large egg yolk
- ☐ 2 large eggs
- ☐ 1 cup flour all-purpose (spooned into cup and leveled off)
- ☐ 0.3 cup granulated sugar

- ☐ 2 tablespoons brown sugar light
- ☐ 5 tablespoons maple syrup
- ☐ 1.3 cups milk
- ☐ 0.3 cup flour whole wheat
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup greek yogurt
- ☐ 2 tablespoons butter unsalted melted plus more for the pan
- ☐ 0.8 teaspoon vanilla extract pure

Equipment

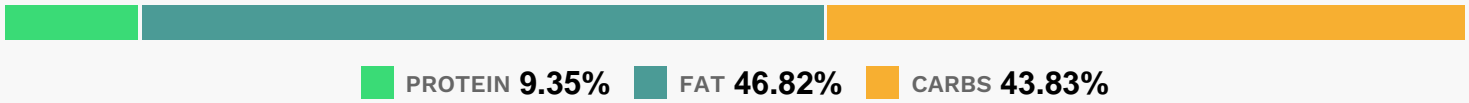
- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ In a large bowl, whisk together the all-purpose flour, rye flour, cornmeal, granulated and brown sugars, baking powder, and salt. In a separate bowl, whisk together the milk, whole eggs, egg yolks, butter, and vanilla. Make a well in the center of the dry ingredients and fold in the wet just until moistened.
- ☐ Coat 8-inch skillet with some melted butter and heat over medium-low heat.
- ☐ Pour 1/2 cup of the batter into the pan and cook for 1 1/2 minutes, or until large bubbles appear on the surface of the pancake. Carefully flip the pancake over and cook for 1 minute longer, or until the underside is just cooked through.
- ☐ Transfer to a plate and repeat with the remaining batter to make 6 pancakes and let cool to room temperature.
- ☐ In a bowl, with an electric mixer, beat the cream cheese and yogurt until smooth. Beat in 4 tablespoons of the maple syrup and the confectioners' sugar until well combined.
- ☐ Spread each pancake with one-sixth of the filling (about 5 tablespoons).
- ☐ Place one of the pancakes on a platter and stack the remaining pancakes on top.

- ☐
- Drizzle the remaining 1 tablespoon maple syrup over the top of the cake.
- ☐
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Nutrition Facts



Properties

Glycemic Index:67.85, Glycemic Load:24.88, Inflammation Score:-6, Nutrition Score:14.343912912452%

Nutrients (% of daily need)

Calories: 514.32kcal (25.72%), Fat: 27g (41.54%), Saturated Fat: 15.01g (93.81%), Carbohydrates: 56.88g (18.96%), Net Carbohydrates: 55.29g (20.1%), Sugar: 31.06g (34.51%), Cholesterol: 192.24mg (64.08%), Sodium: 551.05mg (23.96%), Alcohol: 0.17g (100%), Alcohol %: 0.11% (100%), Protein: 12.13g (24.26%), Manganese: 0.84mg (41.96%), Vitamin B2: 0.65mg (38.37%), Selenium: 26.1µg (37.29%), Phosphorus: 257.71mg (25.77%), Calcium: 245.68mg (24.57%), Vitamin A: 1069.63IU (21.39%), Vitamin B1: 0.28mg (18.48%), Folate: 63.74µg (15.93%), Vitamin B12: 0.71µg (11.9%), Iron: 2.02mg (11.22%), Vitamin B5: 1.1mg (11%), Zinc: 1.4mg (9.37%), Vitamin B3: 1.8mg (8.98%), Magnesium: 35.64mg (8.91%), Vitamin B6: 0.17mg (8.57%), Vitamin D: 1.27µg (8.46%), Potassium: 288.24mg (8.24%), Vitamin E: 0.97mg (6.5%), Fiber: 1.59g (6.37%), Copper: 0.1mg (4.86%), Vitamin K: 1.86µg (1.77%)