



Peach-Yogurt Dutch Baby Pancake

 Vegetarian

READY IN



30 min.

SERVINGS



1

CALORIES



672 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 eggs
- ☐ 0.3 cup flour all-purpose gold medal®
- ☐ 0.3 cup milk
- ☐ 2 tablespoons corn flakes/bran flakes chopped fiber one®
- ☐ 2 cups peaches fresh thawed sliced () (2 medium)
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon sugar
- ☐ 0.5 cup vanilla yogurt

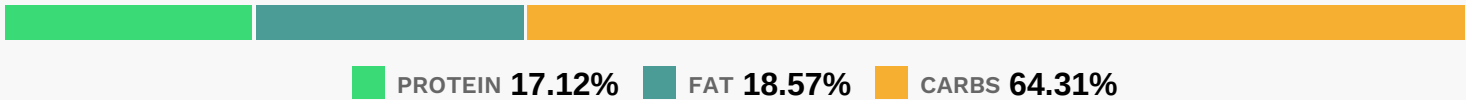
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 400°F. Grease round pan, 8 or 9x1 1/2 inches.
- ☐ Heat pan in oven.
- ☐ Beat flour, sugar, salt, milk and eggs with hand beater until smooth.
- ☐ Pour into hot pan.
- ☐ Bake 15 to 20 minutes or until puffed and edges are brown. Immediately spoon yogurt and peaches into sunken pancake center; sprinkle with cereal.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:295.59, Glycemic Load:51.19, Inflammation Score:-10, Nutrition Score:46.286087284917%

Flavonoids

Cyanidin: 5.91mg, Cyanidin: 5.91mg, Cyanidin: 5.91mg, Cyanidin: 5.91mg Catechin: 15.15mg, Catechin: 15.15mg, Catechin: 15.15mg, Catechin: 15.15mg Epigallocatechin: 3.2mg, Epigallocatechin: 3.2mg, Epigallocatechin: 3.2mg, Epigallocatechin: 3.2mg Epicatechin: 7.21mg, Epicatechin: 7.21mg, Epicatechin: 7.21mg, Epicatechin: 7.21mg Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg, Epigallocatechin 3-gallate: 0.92mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg, Quercetin: 2.03mg

Nutrients (% of daily need)

Calories: 672.19kcal (33.61%), Fat: 14.38g (22.12%), Saturated Fat: 5.5g (34.35%), Carbohydrates: 112.03g (37.34%), Net Carbohydrates: 100.87g (36.68%), Sugar: 56.59g (62.88%), Cholesterol: 343.24mg (114.42%), Sodium: 1018.7mg (44.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.83g (59.66%), Selenium: 70.71µg (101.01%), Vitamin B2: 1.48mg (86.87%), Folate: 346.82µg (86.71%), Manganese: 1.56mg (78.08%), Iron: 12.89mg (71.63%), Phosphorus: 667.31mg (66.73%), Vitamin B1: 0.92mg (61.18%), Vitamin B12: 3.35µg (55.84%), Vitamin B3: 10.16mg (50.82%),

Vitamin A: 2403.06IU (48.06%), Fiber: 11.16g (44.63%), Vitamin B6: 0.85mg (42.62%), Calcium: 390.78mg (39.08%), Magnesium: 141.47mg (35.37%), Zinc: 4.97mg (33.11%), Vitamin B5: 3.24mg (32.39%), Potassium: 1089.89mg (31.14%), Copper: 0.53mg (26.45%), Vitamin D: 3.63µg (24.2%), Vitamin E: 3.49mg (23.27%), Vitamin C: 13.61mg (16.49%), Vitamin K: 10.41µg (9.91%)