



Peachy Baked Pancake

READY IN



40 min.

SERVINGS



4

CALORIES



337 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 eggs
- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons butter
- ☐ 1 cup milk
- ☐ 1 peaches sliced
- ☐ 0.3 cup sugar white to taste

Equipment

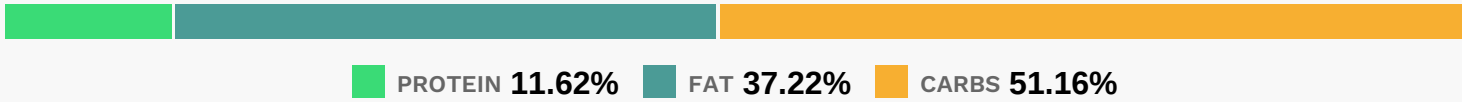
- ☐ bowl

- ☐ oven
- ☐ pie form

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Put margarine in a pie dish and melt in the preheating oven.
- ☐ Mix eggs, flour, and milk in a bowl; pour over melted butter. Arrange peach slices atop the egg mixture.
- ☐ Sprinkle sugar over the peach slices.
- ☐ Bake in preheated oven until the pancake is firm in the center, about 30 minutes.

Nutrition Facts



Properties

Glycemic Index:55.84, Glycemic Load:28.36, Inflammation Score:-6, Nutrition Score:10.755652189255%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 336.91kcal (16.85%), Fat: 13.99g (21.52%), Saturated Fat: 3.98g (24.85%), Carbohydrates: 43.27g (14.42%), Net Carbohydrates: 41.86g (15.22%), Sugar: 18.76g (20.85%), Cholesterol: 130.08mg (43.36%), Sodium: 174.68mg (7.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.82g (19.65%), Selenium: 22.75µg (32.49%), Vitamin B2: 0.41mg (23.96%), Vitamin B1: 0.3mg (20.18%), Folate: 75.05µg (18.76%), Phosphorus: 171.37mg (17.14%), Vitamin A: 774.85IU (15.5%), Manganese: 0.25mg (12.41%), Iron: 2.16mg (12.01%), Vitamin B3: 2.24mg (11.19%), Vitamin B12: 0.63µg (10.56%), Calcium: 102.97mg (10.3%), Vitamin B5: 0.94mg (9.36%), Vitamin D: 1.33µg (8.87%), Vitamin E: 1mg (6.63%), Zinc: 0.98mg (6.55%), Potassium: 220.89mg (6.31%), Vitamin B6: 0.12mg (5.87%), Fiber: 1.41g (5.63%), Magnesium: 21.47mg (5.37%), Copper: 0.1mg (4.97%), Vitamin C: 1.56mg (1.89%), Vitamin K: 1.5µg (1.43%)