



## Puffed Pancake with Strawberries

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



261 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 0.8 cup all purpose flour
- ☐ 3 large eggs room temperature
- ☐ 4 servings lemon wedges
- ☐ 1 pinch salt
- ☐ 1.7 cups strawberries hulled sliced
- ☐ 3 tablespoons butter unsalted
- ☐ 0.8 cup milk whole room temperature

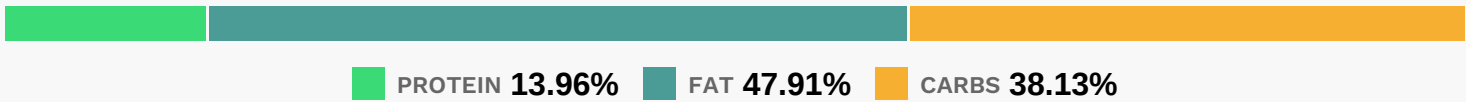
### Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ blender

## Directions

- ☐ Preheat oven to 450°F. Stir strawberries and 2 tablespoons sugar in medium bowl.
- ☐ Let stand at room temperature while preparing pancake.
- ☐ Melt butter in 10-inch ovenproof skillet (preferably cast iron) over medium-high heat, swirling to coat bottom and sides of skillet. Blend milk and eggs in blender until smooth.
- ☐ Add flour and salt; blend batter just until incorporated.
- ☐ Pour batter into hot skillet.
- ☐ Transfer skillet to oven and bake pancake until puffed and golden in spots, about 11 minutes.
- ☐ Immediately cut pancake into quarters.
- ☐ Transfer 1 wedge to each of 4 plates. Spoon strawberries on top, dust with powdered sugar, garnish with lemon, and serve.

## Nutrition Facts



## Properties

Glycemic Index:44.63, Glycemic Load:15.13, Inflammation Score:-6, Nutrition Score:12.170434796292%

## Flavonoids

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Nutrients (% of daily need)

Calories: 261.16kcal (13.06%), Fat: 13.96g (21.48%), Saturated Fat: 7.46g (46.65%), Carbohydrates: 25g (8.33%), Net Carbohydrates: 23.14g (8.41%), Sugar: 5.37g (5.96%), Cholesterol: 167.57mg (55.85%), Sodium: 82.57mg (3.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.3%), Vitamin C: 35.81mg (43.41%), Selenium: 20.68µg (29.54%), Vitamin B2: 0.37mg (21.6%), Manganese: 0.4mg (20.23%), Folate: 75.34µg (18.84%), Phosphorus: 162.85mg (16.29%), Vitamin B1: 0.24mg (16%), Iron: 2mg (11.1%), Vitamin A: 546.43IU (10.93%), Vitamin B12: 0.6µg (9.98%), Vitamin D: 1.41µg (9.4%), Vitamin B5: 0.94mg (9.37%), Calcium: 93.17mg (9.32%), Vitamin B3: 1.7mg (8.48%), Fiber: 1.86g (7.44%), Potassium: 241.16mg (6.89%), Vitamin B6: 0.13mg (6.56%), Zinc: 0.93mg (6.2%), Magnesium: 23.24mg (5.81%), Vitamin E: 0.85mg (5.67%), Copper: 0.09mg (4.6%), Vitamin K: 2.38µg (2.26%)