



Puffed Pear Pancake

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 teaspoon ground cinnamon
- ☐ 0.8 cup milk
- ☐ 1 pears ripe thinly sliced
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sugar

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 1 teaspoon vanilla extract

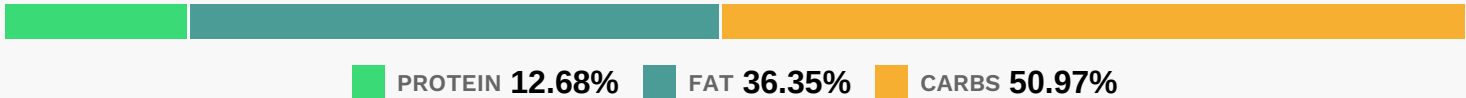
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 450 F.
- ☐ Place a 12-inch cast-iron skillet or other oven-safe skillet in the oven to warm it. In a medium bowl, whisk together the eggs, milk, flour, extract, and salt until smooth. In a separate bowl, toss the pear with the sugar and cinnamon.
- ☐ Carefully remove the preheated skillet from the oven and add the butter, swirling until it is melted. Arrange the pears in a single layer in the skillet and pour in the batter.
- ☐ Return the skillet to the oven and bake 25 minutes or until puffed and golden.
- ☐ Serve with maple syrup.

Nutrition Facts



Properties

Glycemic Index:68.71, Glycemic Load:19.93, Inflammation Score:-4, Nutrition Score:9.1304347722427%

Flavonoids

Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg, Cyanidin: 0.92mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg, Epicatechin: 1.67mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 262.41kcal (13.12%), Fat: 10.6g (16.3%), Saturated Fat: 5.53g (34.56%), Carbohydrates: 33.43g (11.14%), Net Carbohydrates: 31.22g (11.35%), Sugar: 12.85g (14.28%), Cholesterol: 143.3mg (47.77%), Sodium: 255.7mg (11.12%), Alcohol: 0.34g (100%), Alcohol %: 0.27% (100%), Protein: 8.31g (16.63%), Selenium: 19.11µg (27.3%), Vitamin B2: 0.35mg (20.35%), Folate: 61.75µg (15.44%), Vitamin B1: 0.23mg (15.25%), Phosphorus: 144.18mg (14.42%), Manganese: 0.26mg (13.03%), Iron: 1.78mg (9.91%), Vitamin B12: 0.55µg (9.21%), Fiber: 2.21g (8.85%), Calcium: 87.97mg (8.8%), Vitamin A: 439.48IU (8.79%), Vitamin B5: 0.81mg (8.1%), Vitamin D: 1.16µg (7.75%), Vitamin B3: 1.54mg (7.7%), Potassium: 195.79mg (5.59%), Zinc: 0.84mg (5.58%), Vitamin B6: 0.11mg (5.41%), Copper: 0.1mg (4.85%), Magnesium: 18.21mg (4.55%), Vitamin E: 0.61mg (4.05%), Vitamin K: 2.87µg (2.73%), Vitamin C: 1.93mg (2.34%)