



Soufflé Pancake

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



719 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 5 ounces golden raisins
- 6 tablespoons butter unsalted melted
- 6 large eggs separated
- 0.3 teaspoon salt
- 2 cups flour all-purpose
- 1.5 cups milk whole
- 6 tablespoons granulated sugar
- 1 teaspoon vanilla

Equipment

- bowl
- frying pan
- oven
- whisk
- hand mixer
- cutting board
- serrated knife

Directions

- Put oven rack in upper third of oven and preheat oven to 400°F. Butter bottom and side of an ovenproof 12-inch heavy nonstick skillet with 1 tablespoon melted butter.
- Soak raisins in hot water to cover in a bowl.
- Whisk together yolks, milk, vanilla, flour, and salt in a large bowl until combined well.
- Beat whites in another bowl with an electric mixer at high speed until they just hold soft peaks.
- Add granulated sugar, a little at a time, beating, and beat until whites just hold stiff peaks. Fold whites into yolk mixture gently but thoroughly.
- Drain raisins and fold half of drained raisins into batter.
- Pour batter into skillet and sprinkle with remaining raisins, then bake until firm and golden, 20 to 25 minutes.
- Slide pancake from skillet onto a cutting board and cut with a serrated knife into 1 1/2-inch pieces. Cool handle of skillet under cold running water, then heat half of remaining butter in skillet over moderately high heat until hot but not smoking. Sauté half of pancake pieces, turning gently, until lightly browned and crisp, then transfer to a platter and dust with confectioners sugar. Sauté remaining pancake pieces in remaining butter in same manner and dust with confectioners sugar.

Nutrition Facts



■ PROTEIN 11.15% ■ FAT 34.55% ■ CARBS 54.3%

Properties

Glycemic Index:59.94, Glycemic Load:63.86, Inflammation Score:-7, Nutrition Score:21.746086716652%

Flavonoids

Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 719.42kcal (35.97%), Fat: 27.93g (42.97%), Saturated Fat: 14.99g (93.67%), Carbohydrates: 98.75g (32.92%), Net Carbohydrates: 95.65g (34.78%), Sugar: 43.93g (48.81%), Cholesterol: 335.13mg (111.71%), Sodium: 294.69mg (12.81%), Alcohol: 0.34g (100%), Alcohol %: 0.14% (100%), Protein: 20.29g (40.58%), Selenium: 46.52µg (66.45%), Vitamin B2: 0.86mg (50.41%), Vitamin B1: 0.58mg (38.39%), Folate: 151.32µg (37.83%), Phosphorus: 354.27mg (35.43%), Manganese: 0.56mg (28.21%), Iron: 4.86mg (27.01%), Vitamin A: 1078.02IU (21.56%), Vitamin B3: 4.26mg (21.3%), Vitamin B12: 1.2µg (19.96%), Vitamin D: 2.82µg (18.81%), Calcium: 188.12mg (18.81%), Vitamin B5: 1.84mg (18.38%), Potassium: 578.89mg (16.54%), Vitamin B6: 0.33mg (16.31%), Copper: 0.28mg (13.95%), Zinc: 1.92mg (12.77%), Fiber: 3.11g (12.42%), Magnesium: 46.68mg (11.67%), Vitamin E: 1.4mg (9.34%), Vitamin K: 3.4µg (3.24%), Vitamin C: 1.13mg (1.37%)