

Swedish Pancakes

 Vegetarian

READY IN

ready

25 min.

SERVINGS

servings

12

CALORIES

calories

176 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 12 servings confectioners' sugar fresh for garnish
- ☐ 3 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon salt
- ☐ 8 tablespoons butter unsalted
- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.8 cups milk whole

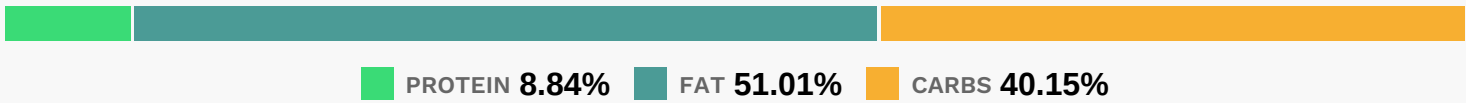
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ spatula

Directions

- ☐ Melt 4 tablespoons butter in a 10-inch nonstick skillet.
- ☐ Combine the flour, milk, eggs, melted butter, vanilla and salt in a blender; process until smooth.
- ☐ Preheat the oven to 200 degrees. Warm the same skillet over medium heat until a drop of water bounces and sizzles.
- ☐ Add 1 teaspoon butter; turn to coat the pan with the melted butter.
- ☐ Pour in a scant 1/3 cup batter and quickly swirl the pan to evenly coat the bottom. Cook until the pancake sets, 1 to 1 1/2 minutes. Using a rubber spatula, carefully lift the pancake by the edges and flip; cook until lightly golden on the other side, 15 to 30 seconds.
- ☐ Transfer to a plate; keep warm in the oven while making the others. Repeat with the remaining butter and batter to make about 12 pancakes. If the pancakes seem too thick, thin the batter slightly with warm water. Fold or roll and serve with confectioners' sugar, syrup and fresh fruit.
- ☐ Photograph by Kana Okada

Nutrition Facts



Properties

Glycemic Index:9.42, Glycemic Load:6.38, Inflammation Score:-3, Nutrition Score:4.1486956684486%

Nutrients (% of daily need)

Calories: 175.66kcal (8.78%), Fat: 10g (15.38%), Saturated Fat: 5.86g (36.65%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 17.43g (6.34%), Sugar: 9.64g (10.71%), Cholesterol: 70.84mg (23.61%), Sodium: 81.13mg (3.53%), Alcohol: 0.06g (100%), Alcohol %: 0.1% (100%), Protein: 3.9g (7.8%), Selenium: 8.19µg (11.69%), Vitamin B2: 0.16mg (9.56%), Phosphorus: 74.19mg (7.42%), Vitamin A: 358.39IU (7.17%), Vitamin B1: 0.11mg (7.15%), Folate: 25.22µg (6.3%), Calcium: 54.7mg (5.47%), Vitamin B12: 0.32µg (5.32%), Vitamin D: 0.78µg (5.21%), Iron: 0.71mg (3.94%), Manganese: 0.08mg (3.86%), Vitamin B5: 0.38mg (3.8%), Vitamin B3: 0.67mg (3.33%), Zinc: 0.39mg (2.6%),

Vitamin E: 0.37mg (2.48%), Potassium: 84.43mg (2.41%), Vitamin B6: 0.05mg (2.39%), Magnesium: 8.27mg (2.07%),
Copper: 0.03mg (1.33%), Fiber: 0.28g (1.13%)