

the 5 factor world diet

WEIGHT-LOSS SECRETS
FROM THE HEALTHIEST
NATIONS ON THE PLANET
—UNLOCKED!

Swedish Pancakes with Raspberries

READY IN



45 min.

SERVINGS



2

CALORIES



282 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 egg whites
- ☐ 1 large egg yolk
- ☐ 1 cup skim milk
- ☐ 1 cup raspberries fresh
- ☐ 1 pinch salt
- ☐ 2 tablespoons sugar substitute
- ☐ 1 teaspoon vanilla extract
- ☐ 3 tablespoons flour white
- ☐ 0.5 cup flour whole-wheat

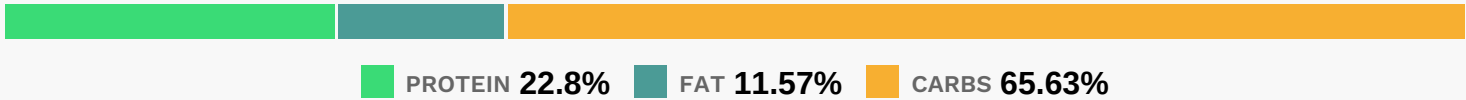
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a medium bowl, whisk the egg yolk, Splenda, vanilla, and salt. Alternately whisk in the milk and flour, stirring well after each addition, to make a thin, smooth batter.
- ☐ In another bowl, whisk the egg whites until they hold stiff peaks. Gently and quickly fold them into the pancake batter.
- ☐ Lightly coat a large nonstick skillet with cooking spray; place over medium– high heat. Drop about 2 tablespoons of batter into the skillet for each pancake. Cook as many pancakes at once as will fit comfortably, turning them when they are browned. Total cooking time is about 3 minutes per pancake.
- ☐ Serve with the berries.
- ☐ Taste
- ☐ Book, using the USDA Nutrition Database
- ☐ The 5–Factor World Diet by Harley Pasternak, M.Sc. and Laura Moser. Copyright © 2010 by Harley Pasternak, M.Sc. and Laura Moser. Published by Ballantine Books. All Right Reserved.Harley Pasternak, M.Sc., has appeared on The Oprah Winfrey Show, The Tyra Banks Show, Access Hollywood, Extra, VH1, E!, and many times on the Today Show. He holds a Masters of Science in exercise physiology and nutritional sciences and an honors degree in kinesiology. He is also certified by the American College of Sports Medicine and the Canadian Society of Exercise Physiology. He lives in Los Angeles, California.

Nutrition Facts



Properties

Glycemic Index:92.13, Glycemic Load:10.41, Inflammation Score:-6, Nutrition Score:20.2556519923%

Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg, Epigallocatechin 3–gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 282.41kcal (14.12%), Fat: 3.68g (5.66%), Saturated Fat: 1.03g (6.44%), Carbohydrates: 46.93g (15.64%), Net Carbohydrates: 39.51g (14.37%), Sugar: 12.02g (13.36%), Cholesterol: 95.47mg (31.83%), Sodium: 149.99mg (6.52%), Alcohol: 0.69g (100%), Alcohol %: 0.31% (100%), Protein: 16.3g (32.61%), Manganese: 1.72mg (85.84%), Selenium: 38.68µg (55.26%), Vitamin B2: 0.53mg (31.33%), Phosphorus: 307.74mg (30.77%), Fiber: 7.41g (29.66%), Vitamin B1: 0.34mg (22.91%), Calcium: 202.93mg (20.29%), Magnesium: 77.09mg (19.27%), Vitamin C: 15.72mg (19.05%), Folate: 63.05µg (15.76%), Vitamin B12: 0.92µg (15.28%), Potassium: 501.81mg (14.34%), Vitamin B3: 2.71mg (13.56%), Vitamin B6: 0.26mg (13.18%), Iron: 2.29mg (12.7%), Zinc: 1.87mg (12.49%), Vitamin B5: 1.21mg (12.05%), Vitamin D: 1.81µg (12.04%), Copper: 0.21mg (10.7%), Vitamin A: 394.97IU (7.9%), Vitamin E: 0.96mg (6.41%), Vitamin K: 5.34µg (5.09%)