



Swiss Pancakes

READY IN



13 min.

SERVINGS



3

CALORIES



1166 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 3 servings walnuts good toasted (walnuts and pecans are , too!)
- 3 servings apple sauce
- 3 servings blackberries
- 3 servings cream cheese
- 4 eggs
- 3 servings jam
- 3 servings jam
- 3 servings maple syrup
- 2 cups milk

- 3 servings nutella
- 1 tablespoon savory vegetable (vegetable, corn, etc.)
- 3 servings peaches
- 3 servings pears
- 3 servings powdered sugar
- 0.5 teaspoon salt
- 3 servings strawberries
- 1 tablespoon sugar
- 0.8 cup unbleached flour
- 0.5 teaspoon vanilla extract (my addition)

Equipment

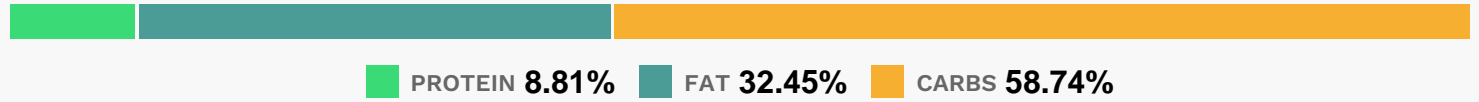
- frying pan
- blender
- immersion blender

Directions

- Pour all batter ingredients into a blender and blend for 1 minute or until the batter is smooth, stopping blender and scraping down sides if necessary. (Alternately, you can blend all ingredients using a mixer or hand held immersion blender.) For best results, refrigerate batter for at least 30 minutes before cooking. Lightly grease a non-stick pan with sloped edges.
- Heat pan to medium.
- Pour into the pan approximately a scant 1/3 cup of batter and swirl the batter to distribute evenly. Cook for about 2 minutes or until the top of the pancake starts to form little bubbles and the bottom of the pancake is light brown with "specks". Flip the pancake over carefully and continue to cook for another 45 seconds to 1 minute. Be careful not to overcook. Carefully remove pancake to warming dish and continue cooking the pancakes as in Step #
- Grease pan lightly as needed. For filling: you can leave the pancakes plain as my inlaws do or we like to add strawberries cut up and mixed in with some cream cheese; the top garnished with toasted slivered almonds. I've also used homemade applesauce and fresh peaches, too. Use your imagination for pancake fillings.

- Roll up, bringing both sides of pancake to center.
- Serve warmed maple syrup (or warmed jam or jelly) on side if desired.
- Sprinkle top of pancake with powdered sugar for presentation.

Nutrition Facts



Properties

Glycemic Index:194.97, Glycemic Load:62.88, Inflammation Score:-9, Nutrition Score:40.886956753938%

Flavonoids

Cyanidin: 10.53mg, Cyanidin: 10.53mg, Cyanidin: 10.53mg, Cyanidin: 10.53mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 13.52mg, Catechin: 13.52mg, Catechin: 13.52mg, Catechin: 13.52mg Epigallocatechin: 3.66mg, Epigallocatechin: 3.66mg, Epigallocatechin: 3.66mg, Epigallocatechin: 3.66mg Epicatechin: 17mg, Epicatechin: 17mg, Epicatechin: 17mg, Epicatechin: 17mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.9mg, Epigallocatechin 3-gallate: 0.9mg, Epigallocatechin 3-gallate: 0.9mg, Epigallocatechin 3-gallate: 0.9mg Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg, Kaempferol: 1.05mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg, Quercetin: 6.46mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 1165.6kcal (58.28%), Fat: 43.46g (66.86%), Saturated Fat: 17.59g (109.95%), Carbohydrates: 177.01g (59%), Net Carbohydrates: 159.95g (58.16%), Sugar: 119.54g (132.82%), Cholesterol: 238.77mg (79.59%), Sodium: 594.46mg (25.85%), Alcohol: 0.23g (100%), Alcohol %: 0.03% (100%), Protein: 26.56g (53.11%), Manganese: 2.87mg (143.55%), Vitamin C: 103.81mg (125.83%), Fiber: 17.07g (68.26%), Vitamin B2: 1.07mg (63.01%), Selenium: 41.55µg (59.36%), Copper: 1.15mg (57.72%), Phosphorus: 576.22mg (57.62%), Potassium: 1415.76mg (40.45%), Magnesium: 158.82mg (39.7%), Calcium: 388.57mg (38.86%), Folate: 137.48µg (34.37%), Vitamin E: 4.84mg (32.29%), Iron: 5.76mg (32.02%), Vitamin B6: 0.6mg (30.1%), Vitamin A: 1437.08IU (28.74%), Vitamin B1: 0.42mg (28.11%), Zinc: 3.96mg (26.38%), Vitamin B5: 2.51mg (25.12%), Vitamin B12: 1.5µg (25.04%), Vitamin D: 2.96µg (19.75%), Vitamin K: 18.07µg (17.21%), Vitamin B3: 3.26mg (16.29%)