



Tri-Berry Oven Pancakes



Vegetarian

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READY IN

ready

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30 min.

SERVINGS

servings

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4

CALORIES

calories

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243 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 extra large eggs at room temperature
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon granulated sugar
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.5 cup milk
- ☐ 1 teaspoon orange zest grated
- ☐ 1 cup raspberries sliced
- ☐ 4 servings maple syrup and confectioners' sugar for garnish

- ☐ 2 tablespoons butter unsalted melted for the dishes
- ☐ 1 teaspoon vanilla extract pure

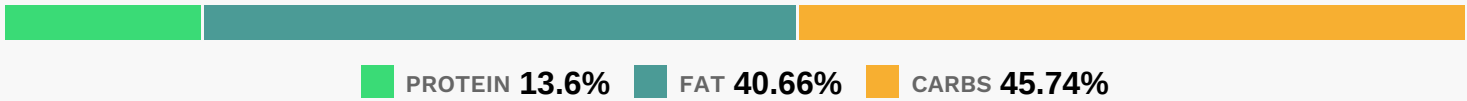
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ hand mixer

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 425 degrees.
- ☐ Gently combine the berries and sugar in a small bowl and set aside while you make the pancakes.
- ☐ Place 4 (6- to 7-inch) individual gratin dishes on two sheet pans.
- ☐ Place 1 teaspoon of butter in each gratin dish and set aside.
- ☐ Place the eggs in the bowl of an electric mixer fitted with a whisk attachment and beat on medium speed until mixed.
- ☐ Add the milk and combine. Slowly add the flour, vanilla, orange zest, 2 tablespoons melted butter, and the salt and mix just until smooth.
- ☐ Whisk by hand if the mixture is lumpy.
- ☐ Place the gratin dishes in the oven for 3 minutes, until the butter is hot and bubbly. Make sure the butter covers the bottom of each dish. Immediately divide the batter equally among the gratin dishes and bake for 12 to 14 minutes, until puffed and lightly browned. Divide the berries among the dishes, drizzle with maple syrup, dust with confectioners' sugar, and serve hot.

Nutrition Facts



Properties

Glycemic Index:55.77, Glycemic Load:12.08, Inflammation Score:-4, Nutrition Score:9.508260861687%

Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg, Epigallocatechin 3–gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 242.98kcal (12.15%), Fat: 10.92g (16.8%), Saturated Fat: 5.51g (34.42%), Carbohydrates: 27.64g (9.21%), Net Carbohydrates: 26.45g (9.62%), Sugar: 14.37g (15.97%), Cholesterol: 174.95mg (58.32%), Sodium: 508.99mg (22.13%), Alcohol: 0.34g (100%), Alcohol %: 0.3% (100%), Protein: 8.22g (16.43%), Selenium: 19.06µg (27.22%), Vitamin C: 21.85mg (26.48%), Vitamin B2: 0.32mg (19.12%), Folate: 57.33µg (14.33%), Phosphorus: 141.32mg (14.13%), Manganese: 0.26mg (13.13%), Vitamin B1: 0.17mg (11.08%), Vitamin B12: 0.55µg (9.17%), Vitamin A: 457.56IU (9.15%), Iron: 1.62mg (9.02%), Vitamin B5: 0.88mg (8.82%), Vitamin D: 1.28µg (8.54%), Calcium: 72.11mg (7.21%), Vitamin B6: 0.12mg (5.76%), Vitamin B3: 1.14mg (5.68%), Zinc: 0.84mg (5.58%), Potassium: 180.04mg (5.14%), Vitamin E: 0.73mg (4.89%), Fiber: 1.19g (4.78%), Magnesium: 17.2mg (4.3%), Copper: 0.07mg (3.69%), Vitamin K: 1.55µg (1.47%)