



Cherry Almond Dutch Baby

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



214 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup pillsbury best® all purpose flour
- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup almonds sliced
- ☐ 1 tablespoon butter
- ☐ 0.5 cup smucker's® orchard's michigan tart cherry preserves red
- ☐ 2 large eggs
- ☐ 0.8 cup milk
- ☐ 2 tablespoons sugar

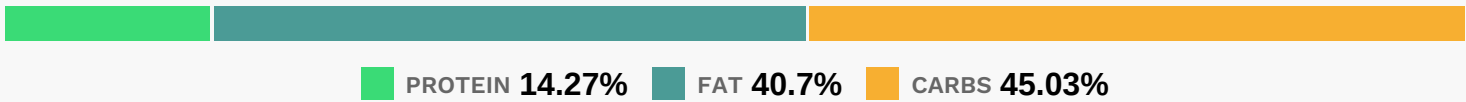
Equipment

- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 425 degrees F. Melt butter in 9-inch pie plate in the oven.
- ☐ Remove from oven.
- ☐ Brush butter over entire inside of plate.
- ☐ Combine milk, flour, eggs, sugar and almond extract in blender container. Process using several pulses to make a smooth batter.
- ☐ Pour batter into hot pie plate.
- ☐ Sprinkle with almonds.
- ☐ Bake 15 minutes.
- ☐ Reduce heat to 350 degrees F.
- ☐ Bake 5 to 8 minutes longer or until golden brown.
- ☐ Remove from oven.
- ☐ Spread with cherry preserves.
- ☐ Sprinkle with powdered sugar if desired.
- ☐ Cut into wedges and serve immediately.

Nutrition Facts



Properties

Glycemic Index:66.27, Glycemic Load:14.21, Inflammation Score:-4, Nutrition Score:8.2630434684131%

Flavonoids

Cyanidin: 5.35mg, Cyanidin: 5.35mg, Cyanidin: 5.35mg, Cyanidin: 5.35mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg, Catechin: 0.83mg Epigallocatechin:

0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 213.87kcal (10.69%), Fat: 9.76g (15.01%), Saturated Fat: 3.68g (23.01%), Carbohydrates: 24.28g (8.09%), Net Carbohydrates: 22.78g (8.28%), Sugar: 10.85g (12.05%), Cholesterol: 106.01mg (35.34%), Sodium: 75.86mg (3.3%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 7.7g (15.39%), Selenium: 14.15µg (20.21%), Vitamin B2: 0.33mg (19.33%), Phosphorus: 144.73mg (14.47%), Manganese: 0.26mg (13.01%), Vitamin E: 1.86mg (12.4%), Vitamin B1: 0.17mg (11.66%), Folate: 43.67µg (10.92%), Calcium: 91.28mg (9.13%), Iron: 1.44mg (8.01%), Vitamin B12: 0.48µg (7.92%), Magnesium: 29.48mg (7.37%), Vitamin B5: 0.69mg (6.88%), Vitamin D: 1µg (6.69%), Vitamin A: 307.68IU (6.15%), Vitamin B3: 1.23mg (6.14%), Fiber: 1.5g (6.01%), Potassium: 201.99mg (5.77%), Copper: 0.11mg (5.57%), Zinc: 0.82mg (5.43%), Vitamin B6: 0.09mg (4.69%), Vitamin C: 1.21mg (1.46%)