



Dutch Babies

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 9 eggs
- 0.5 cup flour all-purpose
- 0.5 teaspoon salt
- 1 cup whipping cream

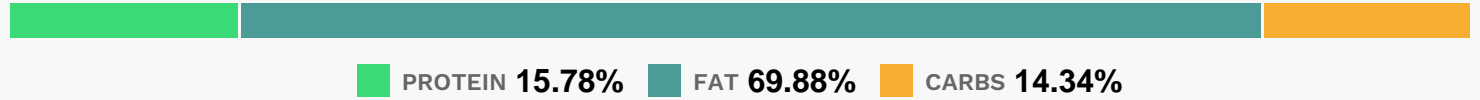
Equipment

- bowl
- oven

Directions

- Preheat oven to 450 degrees F (230 degrees C).
- In a large bowl, whip all of the eggs along with the whipping cream and salt, until fluffy. Fold in the flour, and pour the mixture into four 9-inch cake pans.
- Bake at 450 degrees F (230 degrees C) for 15 to 20 minutes.

Nutrition Facts



Properties

Glycemic Index:18.75, Glycemic Load:8.63, Inflammation Score:-6, Nutrition Score:13.689130407313%

Nutrients (% of daily need)

Calories: 400.74kcal (20.04%), Fat: 31.05g (47.77%), Saturated Fat: 16.81g (105.05%), Carbohydrates: 14.33g (4.78%), Net Carbohydrates: 13.9g (5.06%), Sugar: 2.15g (2.38%), Cholesterol: 435.52mg (145.17%), Sodium: 447.64mg (19.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.78g (31.56%), Selenium: 37.48µg (53.54%), Vitamin B2: 0.64mg (37.73%), Vitamin A: 1409.25IU (28.18%), Phosphorus: 247.4mg (24.74%), Vitamin D: 2.93µg (19.55%), Folate: 77.5µg (19.38%), Vitamin B5: 1.74mg (17.38%), Vitamin B12: 0.98µg (16.27%), Iron: 2.52mg (14%), Vitamin B1: 0.17mg (11.61%), Vitamin E: 1.6mg (10.64%), Zinc: 1.53mg (10.2%), Vitamin B6: 0.2mg (9.8%), Calcium: 97.23mg (9.72%), Manganese: 0.14mg (6.78%), Potassium: 209.92mg (6%), Vitamin B3: 1.03mg (5.17%), Copper: 0.1mg (5.03%), Magnesium: 19.49mg (4.87%), Vitamin K: 2.25µg (2.14%), Fiber: 0.42g (1.69%)