

Dutch Babies I

 Vegetarian

READY IN



25 min.

SERVINGS



8

CALORIES



200 kcal

SIDE DISH

Ingredients

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

Equipment

- bowl
- oven

Directions

- Preheat oven to 450 degrees F (230 degrees C). Lightly grease four 9 inch cake pans.
- In a large bowl, beat together cream, flour, salt and eggs.
- Pour into prepared pans.
- Bake in preheated oven until puffed and golden, about 15 to 20 minutes.

Nutrition Facts

PROTEIN 15.78% **FAT 69.88%** **CARBS 14.34%**

Properties

Glycemic Index:9.38, Glycemic Load:4.31, Inflammation Score:-4, Nutrition Score:6.8452174624671%

Nutrients (% of daily need)

Calories: 200.37kcal (10.02%), Fat: 15.52g (23.88%), Saturated Fat: 8.4g (52.52%), Carbohydrates: 7.16g (2.39%), Net Carbohydrates: 6.95g (2.53%), Sugar: 1.07g (1.19%), Cholesterol: 217.76mg (72.59%), Sodium: 223.82mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.89g (15.78%), Selenium: 18.74µg (26.77%), Vitamin B2: 0.32mg (18.87%), Vitamin A: 704.63IU (14.09%), Phosphorus: 123.7mg (12.37%), Vitamin D: 1.47µg (9.77%), Folate: 38.75µg (9.69%), Vitamin B5: 0.87mg (8.69%), Vitamin B12: 0.49µg (8.14%), Iron: 1.26mg (7%), Vitamin B1: 0.09mg (5.81%), Vitamin E: 0.8mg (5.32%), Zinc: 0.76mg (5.1%), Vitamin B6: 0.1mg (4.9%), Calcium: 48.62mg (4.86%), Manganese: 0.07mg (3.39%), Potassium: 104.96mg (3%), Vitamin B3: 0.52mg (2.59%), Copper: 0.05mg (2.51%), Magnesium: 9.74mg (2.44%), Vitamin K: 1.12µg (1.07%)