



Dutch Babies II

 Vegetarian

READY IN



20 min.

SERVINGS



2

CALORIES



316 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 2 eggs
- 0.5 cup flour all-purpose sifted
- 1 pinch nutmeg
- 0.5 cup milk
- 1 pinch salt

Equipment

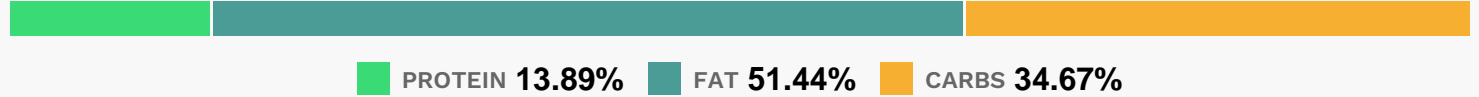
- bowl

- frying pan
- oven
- whisk

Directions

- Place a 10 inch cast iron skillet inside oven and preheat oven to 475 degrees F (245 degrees C).
- In a medium bowl, beat eggs with a whisk until light.
- Add milk and stir. Gradually whisk in flour, nutmeg and salt.
- Remove skillet from oven and reduce oven heat to 425 degrees F (220 degrees C). Melt butter in hot skillet so that inside of skillet is completely coated with butter.
- Pour all the batter in the skillet and return skillet to oven.
- Bake until puffed and lightly browned, about 12 minutes.
- Remove promptly and sprinkle with powdered sugar.

Nutrition Facts



Properties

Glycemic Index:116.5, Glycemic Load:18.44, Inflammation Score:-5, Nutrition Score:10.950434742576%

Nutrients (% of daily need)

Calories: 316.27kcal (15.81%), Fat: 17.98g (27.66%), Saturated Fat: 9.89g (61.79%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 26.32g (9.57%), Sugar: 3.33g (3.7%), Cholesterol: 201.1mg (67.03%), Sodium: 195.76mg (8.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.92g (21.84%), Selenium: 25.41µg (36.3%), Vitamin B2: 0.44mg (26.16%), Vitamin B1: 0.3mg (19.97%), Folate: 78.67µg (19.67%), Phosphorus: 186.9mg (18.69%), Vitamin A: 686.79IU (13.74%), Iron: 2.24mg (12.43%), Vitamin B12: 0.74µg (12.41%), Manganese: 0.24mg (12.12%), Calcium: 108.65mg (10.86%), Vitamin B5: 1.05mg (10.54%), Vitamin D: 1.55µg (10.34%), Vitamin B3: 1.95mg (9.77%), Zinc: 1.06mg (7.07%), Vitamin B6: 0.13mg (6.35%), Vitamin E: 0.84mg (5.57%), Potassium: 190.77mg (5.45%), Magnesium: 20.67mg (5.17%), Copper: 0.08mg (4.12%), Fiber: 0.95g (3.79%), Vitamin K: 1.39µg (1.32%)