



 2%  
HEALTH SCORE

## Dutch Babies With Mulberry-Rhubarb Compote

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



428 kcal

SIDE DISH

### Ingredients

- 6 tablespoons butter melted
- 1 tablespoon cornstarch
- 4 eggs
- 1 cup flour
- 1 cup milk
- 1 tablespoon mint leaves chopped
- 1 cup mulberries

- 0.3 cup orange juice
- 1 cup rhubarb chopped
- 1 teaspoon salt
- 0.3 cup sugar
- 1 cup tsp vanilla sugar

## Equipment

- food processor
- sauce pan
- oven
- blender

## Directions

- For the compote: Pulse the rhubarb in the food processor 5–6 times to a diced consistency. Then pulse the mulberries 3–4 times to chop.
- Add rhubarb, mulberries, orange juice, sugar, salt and cornstarch to a sauce pan and simmer over medium for 10–15 minutes stirring occasionally.
- Remove from heat and stir in the fresh mint leaves. Makes approximately 2 cups. Dutch Babies: Preheat the oven to 375°F. In the blender, add the flour, sugar, salt, milk and eggs. Process for 10 seconds, then add 2 Tb. of melted butter and process again.
- Brush the remaining 4 Tb. of butter into 24 muffin tins thoroughly coating. Slowly pour the batter into the muffin tins.
- Bake for 12–14 minutes until edges are golden brown and the center is puffed. Immediately remove the Dutch babies from the muffin tins and top with mulberry–rhubarb compote!
- Serves 6+. If making the traditional way, this is enough batter for two cast-iron skillet.

## Nutrition Facts



PROTEIN 7.28%  FAT 32.93%  CARBS 59.79%

## Properties

Glycemic Index:65.53, Glycemic Load:42.41, Inflammation Score:-5, Nutrition Score:10.044782608696%

## Flavonoids

Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg, Catechin: 0.44mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg, Epicatechin 3-gallate: 0.12mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg, Hesperetin: 1.32mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

## Taste

Sweetness: 100%, Saltiness: 28.78%, Sourness: 24.8%, Bitterness: 8.96%, Savoriness: 18.34%, Fattiness: 40.5%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 427.59kcal (21.38%), Fat: 15.94g (24.53%), Saturated Fat: 8.92g (55.78%), Carbohydrates: 65.14g (21.71%), Net Carbohydrates: 63.72g (23.17%), Sugar: 46.69g (51.88%), Cholesterol: 144.1mg (48.03%), Sodium: 539.17mg (23.44%), Protein: 7.93g (15.85%), Selenium: 17.64µg (25.2%), Vitamin B2: 0.34mg (20.04%), Vitamin C: 15.55mg (18.85%), Folate: 59.21µg (14.8%), Vitamin B1: 0.22mg (14.64%), Phosphorus: 139.26mg (13.93%), Vitamin A: 656.78IU (13.14%), Iron: 2.05mg (11.4%), Calcium: 103.36mg (10.34%), Manganese: 0.21mg (10.32%), Vitamin K: 9.04µg (8.61%), Vitamin B12: 0.5µg (8.41%), Vitamin B3: 1.56mg (7.81%), Vitamin B5: 0.75mg (7.48%), Potassium: 257.32mg (7.35%), Vitamin D: 1.03µg (6.89%), Vitamin E: 0.93mg (6.18%), Fiber: 1.42g (5.7%), Magnesium: 21.76mg (5.44%), Vitamin B6: 0.11mg (5.3%), Zinc: 0.77mg (5.15%), Copper: 0.08mg (4.05%)