



## Dutch Baby

 Vegetarian

READY IN



390 min.

SERVINGS



2

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.7 cup milk
- 0.3 teaspoon vanilla extract
- 4 large eggs
- 0.7 cup flour all-purpose
- 2 teaspoons granulated sugar
- 0.3 teaspoon kosher salt
- 0.8 oz butter melted plus more for the baking dish)
- 1 serving butter (for the skillet)

- 1 serving lemon wedges

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- sieve
- blender
- plastic wrap
- aluminum foil

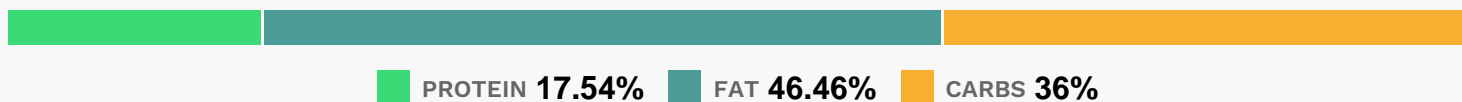
## Directions

- In a blender, combine the milk, vanilla extract, and eggs, and blend on medium-high until everything is combined, about 15 seconds. Leave the mixture in the blender.
- In a large bowl, whisk together the flour, sugar, and salt.
- Add the dry ingredients to the blender and blend again, just until combined.
- Add the melted butter and keep blending until everything is pretty darn smooth, maybe 30 seconds.
- Pour the batter into a bowl, cover it tightly with plastic wrap, and refrigerate for at least 6 hours. (The key to a good Dutch Baby is making the batter the night before. It needs to rest in the fridge for at least 6 hours; otherwise, it will be too eggy. That's good news for your Sunday morning, as you can simply bake your Dutch Baby while you're making coffee.)
- Preheat the oven to 400°F (204°C). Adjust oven rack to middle position.
- Butter a 10-inch ovenproof skillet, preferably cast-iron, and slide it in the preheating oven for about 5 minutes, until it gets pretty hot.
- When the skillet is properly heated, pull it out of the oven, pour in the batter, and slide it back in the oven.
- Bake for 15 minutes, then turn the skillet and bake for another 10 minutes or so, until the batter has risen high on the sides and a little bit in the center, and has turned golden brown

right in the middle. You may want to watch it carefully, as the edges can get a little dark—that's OK as far as we're concerned, but if you prefer your pancake pale, you can always crimp a strip of aluminum foil around the edges.

- Pull the Dutch baby out of the oven and slide it right out of the skillet onto a plate. The pancake won't stick to the skillet, although it will deflate as it cools down—there's just no avoiding that.
- Fill a small sieve or strainer with confectioners' sugar and shake it over the Dutch baby until the surface is thickly covered.
- Place the Dutch baby in the middle of the table with some little bowls of toppings: lemon wedges, fruit compote, pats of soft butter, maple syrup. You don't need a knife and a cake lifter for this: just let everybody pull pieces off with their fingers. It will disappear FAST.

## Nutrition Facts



### Properties

Glycemic Index:154.3, Glycemic Load:27.25, Inflammation Score:-6, Nutrition Score:18.088260964207%

### Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Nutrients (% of daily need)

Calories: 454.6kcal (22.73%), Fat: 23.18g (35.67%), Saturated Fat: 11.46g (71.61%), Carbohydrates: 40.42g (13.47%), Net Carbohydrates: 39.28g (14.28%), Sugar: 8.47g (9.41%), Cholesterol: 409.99mg (136.66%), Sodium: 548.95mg (23.87%), Alcohol: 0.17g (100%), Alcohol %: 0.09% (100%), Protein: 19.69g (39.38%), Selenium: 46.53µg (66.47%), Vitamin B2: 0.78mg (45.93%), Phosphorus: 328.41mg (32.84%), Folate: 123.7µg (30.92%), Vitamin B1: 0.41mg (27.57%), Vitamin B12: 1.35µg (22.53%), Iron: 3.69mg (20.52%), Vitamin B5: 2.03mg (20.34%), Vitamin A: 1000.02IU (20%), Vitamin D: 2.89µg (19.3%), Calcium: 165.85mg (16.58%), Manganese: 0.32mg (15.88%), Vitamin B3: 2.63mg (13.14%), Zinc: 1.93mg (12.86%), Vitamin B6: 0.24mg (11.94%), Vitamin E: 1.42mg (9.47%), Potassium: 309.3mg (8.84%), Magnesium: 31.3mg (7.82%), Copper: 0.13mg (6.69%), Fiber: 1.14g (4.56%), Vitamin K: 1.59µg (1.51%)