



Dutch Baby

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



310 kcal

SIDE DISH

Ingredients

- 3 eggs
- 1 cup flour all-purpose
- 2 optional: lemon
- 1 cup milk
- 4 servings sugar
- 2 tablespoons butter unsalted organic

Equipment

- bowl

frying pan

oven

Directions

Preheat oven to 475 degrees F.

Cut lemons in half, crosswise.

Place butter in a heavy 10" oven-proof skillet. Melt butter in oven; when melted, carefully remove skillet from oven. In a bowl, combine milk, flour and eggsmix just enough to blend.

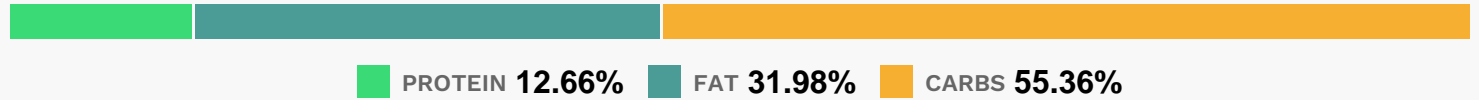
Add mixture to hot butter in skillet (swish butter around sides of skillet). Return to oven and bake for 12 minutes or until puffed up.

Remove puffed Dutch baby from oven to platter.

Sprinkle with juice from lemon halves and dust with confectioner's sugar.

Cut into serving size pieces and serve immediately.

Nutrition Facts



Properties

Glycemic Index:52.15, Glycemic Load:27.61, Inflammation Score:-5, Nutrition Score:12.146086956522%

Flavonoids

Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg, Eriodictyol: 11.53mg Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg, Hesperetin: 15.07mg Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg, Naringenin: 0.3mg Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg, Luteolin: 1.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg, Myricetin: 0.27mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 309.59kcal (15.48%), Fat: 11.27g (17.35%), Saturated Fat: 5.83g (36.45%), Carbohydrates: 43.92g (14.64%), Net Carbohydrates: 41.57g (15.12%), Sugar: 16.47g (18.3%), Cholesterol: 145.13mg (48.38%), Sodium: 72.64mg (3.16%), Protein: 10.04g (20.08%), Vitamin C: 28.62mg (34.69%), Selenium: 22.24µg (31.77%), Vitamin B2: 0.4mg (23.81%), Vitamin B1: 0.31mg (20.97%), Folate: 78.85µg (19.71%), Phosphorus: 171.02mg (17.1%), Iron: 2.36mg (13.11%), Manganese: 0.24mg (12.09%), Calcium: 114.04mg (11.4%), Vitamin B12: 0.64µg (10.58%), Vitamin B3: 1.99mg (9.95%), Vitamin B5: 0.98mg (9.81%), Vitamin D: 1.44µg (9.57%), Fiber: 2.36g (9.42%), Vitamin A: 463.83IU (9.28%), Vitamin B6: 0.15mg (7.52%), Potassium: 246.92mg (7.05%), Zinc: 0.93mg (6.23%), Magnesium: 22.62mg (5.65%),

Copper: 0.09mg (4.57%), Vitamin E: 0.64mg (4.26%)