



Dutch Baby Pancake

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



166 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 3 eggs
- ☐ 0.7 cup milk room temperature
- ☐ 0.7 cup flour all-purpose
- ☐ 2 teaspoons lemon zest grated
- ☐ 1 teaspoon almond extract
- ☐ 1 optional: lemon quartered
- ☐ 1 serving powdered sugar

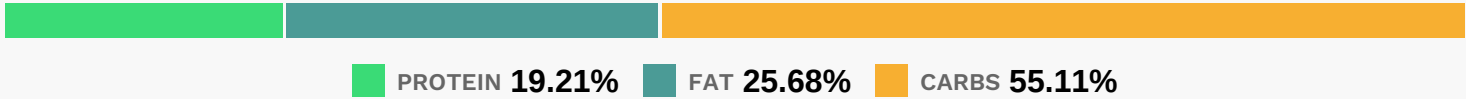
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Heat oven to 425°F.
- ☐ Place butter in 10- to 12-inch ovenproof skillet; place in oven to melt.
- ☐ In small bowl, beat eggs, milk, lemon peel and almond extract with whisk.
- ☐ Add flour; mix until batter is smooth.
- ☐ Pour into hot skillet.
- ☐ Bake 20 minutes or until pancake is puffed and brown.
- ☐ Squeeze juice from quartered lemon over top of pancake; sprinkle with powdered sugar.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:34.63, Glycemic Load:12.67, Inflammation Score:-4, Nutrition Score:8.6091304667618%

Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg, Luteolin: 0.51mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 166.38kcal (8.32%), Fat: 4.73g (7.27%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 22.83g (7.61%), Net Carbohydrates: 21.41g (7.79%), Sugar: 4.93g (5.48%), Cholesterol: 127.64mg (42.55%), Sodium: 63.46mg (2.76%), Alcohol: 0.34g (100%), Alcohol %: 0.35% (100%), Protein: 7.96g (15.91%), Selenium: 18.09µg (25.85%), Vitamin C: 15.6mg (18.91%), Vitamin B2: 0.32mg (18.67%), Folate: 56.74µg (14.18%), Vitamin B1: 0.21mg (14.07%), Phosphorus:

133.41mg (13.34%), Iron: 1.72mg (9.54%), Vitamin B12: 0.51µg (8.56%), Manganese: 0.16mg (8.17%), Vitamin B5: 0.8mg (8.04%), Calcium: 80.11mg (8.01%), Vitamin D: 1.11µg (7.38%), Vitamin B3: 1.33mg (6.66%), Fiber: 1.42g (5.7%), Vitamin B6: 0.11mg (5.68%), Zinc: 0.76mg (5.06%), Vitamin A: 250.52IU (5.01%), Potassium: 169.21mg (4.83%), Magnesium: 15.85mg (3.96%), Copper: 0.07mg (3.3%), Vitamin E: 0.42mg (2.82%)