



## Dutch Baby Pancake with Berry Topping

READY IN



40 min.

SERVINGS



4

CALORIES



204 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 tablespoons butter
- 2 eggs
- 0.5 cup flour all-purpose
- 0.5 cup milk
- 0.3 teaspoon salt
- 2 cups poached berries fresh assorted
- 1 serving powdered sugar

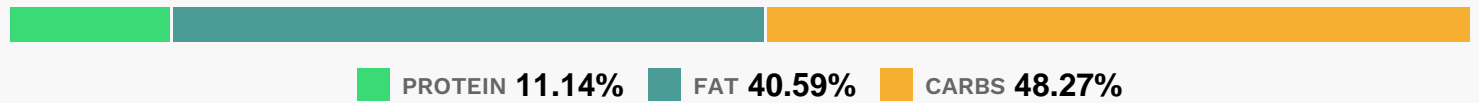
### Equipment

- bowl
- oven
- whisk

## Directions

- Heat oven to 400°F. In 9-inch glass pie plate, melt butter in oven; brush butter over bottom and side of pie plate.
- In medium bowl, beat eggs slightly with wire whisk or hand beater. Beat in flour, milk and salt just until mixed (do not overbeat).
- Pour into pie plate.
- Bake 25 to 30 minutes or until puffy and deep golden brown.
- Serve pancake immediately topped with berries.
- Sprinkle with powdered sugar.

## Nutrition Facts



## Properties

Glycemic Index:28.25, Glycemic Load:9.17, Inflammation Score:-5, Nutrition Score:7.5647826713064%

## Flavonoids

Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg, Cyanidin: 3.38mg Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg, Petunidin: 14.07mg Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg, Delphinidin: 16.73mg Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg, Malvidin: 38.48mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg, Peonidin: 0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg, Luteolin: 1.39mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

## Nutrients (% of daily need)

Calories: 204.27kcal (10.21%), Fat: 9.35g (14.39%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 25.02g (8.34%), Net Carbohydrates: 22.51g (8.18%), Sugar: 10.1g (11.22%), Cholesterol: 85.5mg (28.5%), Sodium: 255.31mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.55%), Selenium: 12.72µg (18.17%), Vitamin B2: 0.25mg (14.79%), Vitamin K: 12.91µg (12.3%), Vitamin B1: 0.17mg (11.6%), Manganese: 0.23mg (11.42%), Folate: 44.43µg (11.11%),

Phosphorus: 101.38mg (10.14%), Fiber: 2.51g (10.06%), Vitamin A: 454.25IU (9.09%), Iron: 1.25mg (6.96%), Vitamin B3: 1.38mg (6.88%), Vitamin B5: 0.62mg (6.22%), Vitamin B12: 0.37µg (6.13%), Calcium: 60.59mg (6.06%), Vitamin E: 0.84mg (5.63%), Vitamin B6: 0.11mg (5.46%), Vitamin D: 0.78µg (5.17%), Potassium: 137.69mg (3.93%), Zinc: 0.57mg (3.82%), Magnesium: 13.83mg (3.46%), Copper: 0.06mg (3.22%), Vitamin C: 1.95mg (2.37%)