



## Dutch Baby Pancake with Berry Topping

 Popular

READY IN



40 min.

SERVINGS



4

CALORIES



196 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 2 cups poached berries fresh assorted
- 2 tablespoons butter
- 2 eggs
- 0.5 cup flour all-purpose gold medal®
- 0.5 cup milk
- 0.3 teaspoon salt

### 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



**PROTEIN 11.59%** **FAT 42.22%** **CARBS 46.19%**

## Properties

Glycemic Index:28.25, Glycemic Load:9.17, Inflammation Score:-5, Nutrition Score:7.5621739574101%

## 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: 196.49kcal (9.82%), Fat: 9.35g (14.39%), Saturated Fat: 2.49g (15.56%), Carbohydrates: 23.02g (7.67%), Net Carbohydrates: 20.51g (7.46%), Sugar: 8.14g (9.04%), Cholesterol: 85.5mg (28.5%), Sodium: 255.27mg (11.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.55%), Selenium: 12.71µg (18.15%), Vitamin B2: 0.25mg (14.77%), Vitamin K: 12.91µg (12.3%), Vitamin B1: 0.17mg (11.6%), Manganese: 0.23mg (11.41%), Folate: 44.43µg (11.11%), Phosphorus: 101.38mg (10.14%), Fiber: 2.51g (10.06%), Vitamin A: 454.25IU (9.09%), Iron: 1.25mg (6.95%), Vitamin

B3: 1.38mg (6.88%), Vitamin B5: 0.62mg (6.22%), Vitamin B12: 0.37µg (6.13%), Calcium: 60.57mg (6.06%), Vitamin E: 0.84mg (5.63%), Vitamin B6: 0.11mg (5.46%), Vitamin D: 0.78µg (5.17%), Potassium: 137.65mg (3.93%), Zinc: 0.57mg (3.82%), Magnesium: 13.83mg (3.46%), Copper: 0.06mg (3.22%), Vitamin C: 1.95mg (2.37%)