



## Dutch Baby Pancakes

READY IN



38 min.

SERVINGS



38

CALORIES



41 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- 1 cup blueberries
- 2 Tbsp butter
- 4 oz philadelphia cream cheese softened ()
- 3 eggs
- 0.5 cup flour
- 0.5 cup marshmallow crème jet-puffed
- 0.5 cup milk
- 2 peaches fresh peeled sliced
- 0.3 tsp salt

1 cup strawberries sliced

## Equipment

oven

whisk

blender

## Directions

Heat oven to 450F.

Add butter to 9-inch pie plate; heat in oven until melted. Tilt pie plate to evenly coat bottom and side with butter. Beat flour, salt, milk and eggs with whisk until blended; pour into pie plate.

Place on lowest oven rack.

Bake 18 min. Reduce oven temperature to 350F.

Bake an additional 10 min. or until golden brown. Meanwhile, beat cream cheese and marshmallow cream with mixer until blended.

Fill pancake with fruit; top with cream cheese mixture.

## Nutrition Facts

PROTEIN **9.84%**  FAT **45.48%**  CARBS **44.68%**

## Properties

Glycemic Index:6.85, Glycemic Load:1.56, Inflammation Score:-1, Nutrition Score:1.390869565632%

## Flavonoids

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## **Nutrients (% of daily need)**

Calories: 40.52kcal (2.03%), Fat: 2.11g (3.25%), Saturated Fat: 0.9g (5.63%), Carbohydrates: 4.67g (1.56%), Net  
Carbohydrates: 4.34g (1.58%), Sugar: 2.55g (2.83%), Cholesterol: 16.32mg (5.44%), Sodium: 38.91mg (1.69%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.03g (2.06%), Vitamin C: 2.93mg (3.55%), Selenium: 2.13µg  
(3.04%), Vitamin B2: 0.04mg (2.38%), Vitamin A: 118.69IU (2.37%), Manganese: 0.05mg (2.26%), Phosphorus:  
18.37mg (1.84%), Folate: 6.54µg (1.63%), Vitamin B1: 0.02mg (1.41%), Fiber: 0.33g (1.33%), Vitamin E: 0.18mg (1.19%),  
Vitamin B5: 0.11mg (1.12%), Vitamin K: 1.16µg (1.1%), Iron: 0.19mg (1.08%), Calcium: 10.42mg (1.04%)