



## Dutch Baby with Lemon Sugar

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

### Ingredients

- 0.1 teaspoon cinnamon
- 3 large eggs at room temperature
- 0.7 cup flour all-purpose
- 4 servings lemon wedges
- 2 teaspoon lemon zest grated
- 0.1 teaspoon nutmeg grated
- 0.1 teaspoon salt
- 0.3 cup sugar

- 0.5 stick butter unsalted cut into pieces
- 0.3 teaspoon vanilla extract pure
- 0.7 cup milk whole at room temperature

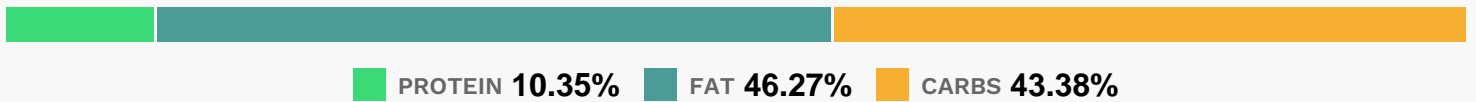
## Equipment

- bowl
- frying pan
- oven
- hand mixer

## Directions

- Put skillet on middle rack of oven and preheat oven to 450°F.
- Stir together sugar and zest in a small bowl.
- Beat eggs with an electric mixer at high speed until pale and frothy, then beat in milk, flour, vanilla, cinnamon, nutmeg, and salt and continue to beat until smooth, about 1 minute more (batter will be thin).
- Add butter to hot skillet and melt, swirling to coat.
- Add batter and immediately return skillet to oven.
- Bake until puffed and golden-brown, 18 to 25 minutes.
- Serve immediately, topped with lemon sugar.

## Nutrition Facts



## Properties

Glycemic Index:70.9, Glycemic Load:23.89, Inflammation Score:-4, Nutrition Score:8.4682609102%

## Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg

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

Calories: 321.26kcal (16.06%), Fat: 16.61g (25.56%), Saturated Fat: 9.24g (57.72%), Carbohydrates: 35.04g (11.68%), Net Carbohydrates: 34.3g (12.47%), Sugar: 18.91g (21.01%), Cholesterol: 174.75mg (58.25%), Sodium: 143.63mg (6.24%), Alcohol: 0.09g (100%), Alcohol %: 0.08% (100%), Protein: 8.36g (16.73%), Selenium: 19.6µg (28%), Vitamin B2: 0.34mg (19.98%), Phosphorus: 141.68mg (14.17%), Folate: 56.47µg (14.12%), Vitamin B1: 0.2mg (13.55%), Vitamin A: 622.33IU (12.45%), Vitamin B12: 0.58µg (9.62%), Vitamin D: 1.41µg (9.39%), Iron: 1.66mg (9.2%), Manganese: 0.17mg (8.46%), Vitamin B5: 0.84mg (8.39%), Calcium: 80.12mg (8.01%), Vitamin B3: 1.31mg (6.57%), Zinc: 0.82mg (5.44%), Vitamin E: 0.76mg (5.06%), Vitamin B6: 0.1mg (5.05%), Potassium: 142.62mg (4.07%), Magnesium: 14.66mg (3.66%), Copper: 0.06mg (3.16%), Fiber: 0.74g (2.97%), Vitamin C: 1.82mg (2.21%), Vitamin K: 1.31µg (1.24%)