



## Dutch Baby with Warm Clementine Sauce

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

### Ingredients

- 2 cups clementine sections ( 6 clementines)
- 1 teaspoon cornstarch
- 3 large eggs lightly beaten
- 0.5 cup flour all-purpose
- 0.3 teaspoon ground nutmeg
- 1 tablespoon juice of lemon fresh
- 0.5 cup milk 1% low-fat
- 0.3 teaspoon salt
- 1 tablespoon stick margarine melted

- 0.3 cup sugar
- 0.5 cup water

## Equipment

- bowl
- frying pan
- sauce pan
- oven
- knife
- whisk
- aluminum foil
- measuring cup

## Directions

- Preheat oven to 425
- Combine the first 3 ingredients in a medium saucepan, stirring with a whisk. Bring to a boil; cook for 1 minute or until thick.
- Remove from heat; stir in clementine sections and lemon juice. Keep warm.
- Wrap handle of a large nonstick skillet with foil; coat pan with cooking spray.
- Combine the milk and eggs in a large bowl, stirring with a whisk. Lightly spoon flour into a dry measuring cup; level with a knife.
- Combine flour, salt, and nutmeg, stirring well with a whisk.
- Add flour mixture to milk mixture, stirring with a whisk until well-blended. Stir in the butter until smooth.
- Pour batter into prepared pan.
- Bake at 425 for 25 minutes.
- Remove from pan, and cut into wedges. Top with the clementine sauce.
- Serve immediately.

## Nutrition Facts



■ PROTEIN 12.74% ■ FAT 24.74% ■ CARBS 62.52%

## Properties

Glycemic Index:71.27, Glycemic Load:25.92, Inflammation Score:-5, Nutrition Score:12.4156521792%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 256.87kcal (12.84%), Fat: 7.25g (11.15%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 41.2g (13.73%), Net Carbohydrates: 38.73g (14.08%), Sugar: 25.11g (27.9%), Cholesterol: 140.98mg (46.99%), Sodium: 248.16mg (10.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.4g (16.79%), Vitamin C: 59.19mg (71.75%), Selenium: 17.64µg (25.2%), Vitamin B2: 0.33mg (19.4%), Folate: 76.08µg (19.02%), Vitamin B1: 0.26mg (17.19%), Phosphorus: 147.83mg (14.78%), Fiber: 2.47g (9.9%), Calcium: 98.68mg (9.87%), Potassium: 330.9mg (9.45%), Vitamin B5: 0.94mg (9.36%), Vitamin B6: 0.18mg (8.97%), Vitamin B3: 1.74mg (8.71%), Iron: 1.56mg (8.69%), Vitamin B12: 0.52µg (8.62%), Vitamin A: 392.9IU (7.86%), Manganese: 0.15mg (7.52%), Vitamin D: 1.07µg (7.16%), Magnesium: 24.19mg (6.05%), Copper: 0.11mg (5.43%), Zinc: 0.8mg (5.34%), Vitamin E: 0.77mg (5.11%)