



Mediterranean Dutch Baby Pancake

READY IN



35 min.

SERVINGS



1

CALORIES



864 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 1 teaspoon butter
- ☐ 2 eggs
- ☐ 4 ounces feta cheese crumbled (1 cup)
- ☐ 0.5 cup flour all-purpose gold medal®
- ☐ 10 greek olives pitted cut in half
- ☐ 0.3 teaspoon seasoning italian
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon salt
- ☐ 2 cups zucchini

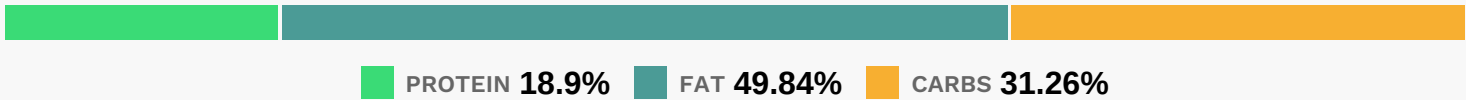
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Heat oven to 425°F.
- ☐ Heat 2 tablespoons butter in pie plate, 9x1 1/4 inches, in oven about 4 minutes or until hot and bubbly.
- ☐ Beat flour, milk, Italian seasoning, salt and eggs with hand beater until well blended.
- ☐ Pour into pie plate.
- ☐ Bake uncovered 20 to 25 minutes or until side of pancake is puffed and deep golden brown.
- ☐ While pancake is baking, melt 1 teaspoon butter in 10-inch skillet over medium heat. Cook zucchini in butter about 2 minutes, stirring frequently, until crisp-tender. Carefully stir in cheese.
- ☐ Spoon zucchini mixture onto center of pancake.
- ☐ Sprinkle with olives.

Nutrition Facts



Properties

Glycemic Index:160, Glycemic Load:38.65, Inflammation Score:-9, Nutrition Score:45.755652634994%

Flavonoids

Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 864.48kcal (43.22%), Fat: 48.23g (74.19%), Saturated Fat: 22.07g (137.91%), Carbohydrates: 68.06g (22.69%), Net Carbohydrates: 62.36g (22.68%), Sugar: 12.8g (14.22%), Cholesterol: 442.92mg (147.64%), Sodium: 2737.79mg (119.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.15g (82.3%), Vitamin B2: 2.08mg (122.16%), Selenium: 68.41µg (97.73%), Phosphorus: 844.84mg (84.48%), Calcium: 838.09mg (83.81%), Folate:

253.98µg (63.49%), Vitamin B1: 0.89mg (59.34%), Vitamin B6: 1.15mg (57.73%), Vitamin B12: 3.36µg (56.06%),
Vitamin C: 44.41mg (53.83%), Manganese: 0.95mg (47.65%), Zinc: 6.16mg (41.09%), Vitamin A: 1991.93IU (39.84%),
Vitamin B5: 3.7mg (36.98%), Iron: 6.48mg (36%), Potassium: 1114.22mg (31.83%), Vitamin B3: 6.25mg (31.23%),
Magnesium: 111.05mg (27.76%), Vitamin D: 3.56µg (23.7%), Fiber: 5.7g (22.8%), Vitamin E: 3.29mg (21.96%), Copper:
0.37mg (18.7%), Vitamin K: 17.19µg (16.37%)