



WHATSheATE



Mixed-Berry Dutch Baby



Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



187 kcal

SIDE DISH

Ingredients

- ☐ 2 cups blackberries
- ☐ 3 eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 0.5 teaspoon lemon zest finely grated
- ☐ 0.7 cup milk
- ☐ 2 cups raspberries
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar

☐ 4 tablespoons butter unsalted

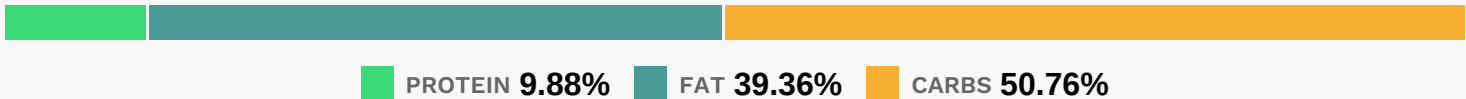
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 425 and heat a 10-inch cast-iron skillet over moderate heat. In a medium bowl, whisk the eggs with the finely grated lemon zest, sugar and salt until combined.
- ☐ Add the flour and milk and whisk until smooth.
- ☐ Add 1 cup each of the raspberries and blackberries.
- ☐ Melt the butter in the skillet and add the batter, spreading the fruit evenly.
- ☐ Bake in the center of the oven for about 22 minutes, until the edges are browned and puffed and the center is lightly browned in spots.
- ☐ Transfer the skillet to a trivet and dust the Dutch Baby with confectioners' sugar.
- ☐ Cut into wedges and serve with the remaining fresh berries.

Nutrition Facts



Properties

Glycemic Index:29.26, Glycemic Load:12.74, Inflammation Score:-5, Nutrition Score:8.3530435043833%

Flavonoids

Cyanidin: 49.71mg, Cyanidin: 49.71mg, Cyanidin: 49.71mg, Cyanidin: 49.71mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg, Pelargonidin: 0.46mg Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg, Peonidin: 0.11mg Catechin: 13.73mg, Catechin: 13.73mg, Catechin: 13.73mg, Catechin: 13.73mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin:

2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 187.12kcal (9.36%), Fat: 8.4g (12.92%), Saturated Fat: 4.52g (28.23%), Carbohydrates: 24.37g (8.12%), Net Carbohydrates: 20.22g (7.35%), Sugar: 12.48g (13.86%), Cholesterol: 78.87mg (26.29%), Sodium: 37.73mg (1.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.49%), Manganese: 0.51mg (25.53%), Vitamin C: 15.58mg (18.89%), Fiber: 4.15g (16.61%), Selenium: 9.31µg (13.3%), Folate: 42.34µg (10.59%), Vitamin B2: 0.18mg (10.57%), Vitamin K: 10.1µg (9.62%), Phosphorus: 82.77mg (8.28%), Vitamin B1: 0.12mg (7.8%), Vitamin A: 383.97IU (7.68%), Vitamin E: 1.03mg (6.9%), Iron: 1.21mg (6.72%), Vitamin B5: 0.58mg (5.81%), Copper: 0.12mg (5.77%), Calcium: 55.69mg (5.57%), Vitamin B3: 1.06mg (5.32%), Magnesium: 20.67mg (5.17%), Potassium: 170.08mg (4.86%), Zinc: 0.69mg (4.62%), Vitamin B12: 0.27µg (4.48%), Vitamin D: 0.66µg (4.39%), Vitamin B6: 0.07mg (3.64%)