



Peach Dutch Baby Pancake with Cherry Compote

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



209 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 large eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.3 cup honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 peaches pitted halved cut into 1/4"-thick wedges
- ☐ 3 tablespoons sugar divided

- ☐ 4 tablespoons butter unsalted divided ()
- ☐ 1 teaspoon vanilla extract
- ☐ 0.8 cup milk whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ blender

Directions

- ☐ Bring honey, lemon peel, lemon juice, and 1/2 cup water to a boil in a small heavy saucepan.
- ☐ Add cherries and simmer briskly, stirring occasionally, until sauce is syrupy, about 15 minutes.
- ☐ Transfer cherry compote to a medium bowl and chill. DO AHEAD: Compote can be made 1 day ahead. Cover and chill.
- ☐ Remove lemon peel just before serving.
- ☐ Preheat oven to 425°F. Melt 2 tablespoons butter in a small saucepan; scrape into a blender.
- ☐ Add eggs, flour, milk, 1 tablespoon sugar, vanilla extract, and salt. Blend batter until smooth; set aside in blender.
- ☐ Heat a 12" cast-iron skillet over medium heat.
- ☐ Add remaining 2 tablespoons butter and remaining 2 tablespoons sugar and cook, stirring constantly, until sugar starts to caramelize, about 2 minutes.
- ☐ Add peaches to skillet; increase heat to medium-high and cook, stirring frequently, until softened, about 2 minutes. Briefly reblend reserved pancake batter.
- ☐ Pour evenly over peaches and transfer to oven.
- ☐ Bake pancake until puffed and golden brown all over, 17–20 minutes (it will deflate as soon as it's removed from the oven). Dust pancake with powdered sugar and serve immediately, passing cherry compote alongside.

Nutrition Facts



 **PROTEIN 10.43%**  **FAT 38.13%**  **CARBS 51.44%**

Properties

Glycemic Index:34.45, Glycemic Load:15.87, Inflammation Score:-4, Nutrition Score:6.0665218000827%

Flavonoids

Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg, Cyanidin: 0.72mg Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg, Catechin: 1.85mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg, Epicatechin: 0.88mg Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 209.45kcal (10.47%), Fat: 9.02g (13.88%), Saturated Fat: 4.83g (30.19%), Carbohydrates: 27.39g (9.13%), Net Carbohydrates: 26.48g (9.63%), Sugar: 17.67g (19.64%), Cholesterol: 110.79mg (36.93%), Sodium: 123.28mg (5.36%), Alcohol: 0.17g (100%), Alcohol %: 0.18% (100%), Protein: 5.55g (11.1%), Selenium: 13.05µg (18.65%), Vitamin B2: 0.22mg (13.14%), Phosphorus: 95.79mg (9.58%), Vitamin A: 469.35IU (9.39%), Folate: 36.24µg (9.06%), Vitamin B1: 0.12mg (8.31%), Iron: 1.16mg (6.44%), Manganese: 0.12mg (6.06%), Vitamin B12: 0.36µg (5.97%), Vitamin B5: 0.59mg (5.95%), Vitamin D: 0.86µg (5.71%), Vitamin B3: 1.06mg (5.28%), Vitamin E: 0.72mg (4.8%), Calcium: 47.97mg (4.8%), Zinc: 0.62mg (4.11%), Potassium: 137.07mg (3.92%), Vitamin B6: 0.07mg (3.74%), Fiber: 0.91g (3.62%), Copper: 0.07mg (3.52%), Magnesium: 11.85mg (2.96%), Vitamin C: 2.32mg (2.81%), Vitamin K: 1.79µg (1.71%)