



## Peach Dutch Baby with Blueberry Compote

 Vegetarian

READY IN



44 min.

SERVINGS



6

CALORIES



240 kcal

SIDE DISH

### Ingredients

- 1.5 cups blueberries fresh
- 1 tablespoon butter
- 3 eggs
- 0.7 cup flour all-purpose
- 1 teaspoon lemon zest shredded finely
- 0.7 cup milk
- 15.3 ounce lite peaches sliced del monte® canned
- 6 servings powdered sugar

- 0.5 teaspoon salt
- 0.3 cup sugar

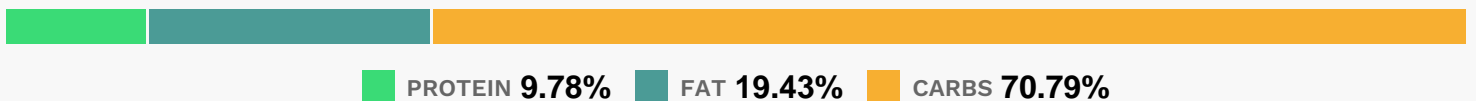
## Equipment

- bowl
- frying pan
- sauce pan
- oven
- whisk

## Directions

- Preheat oven to 325 degrees F.
- Drain canned peaches, reserving 1/4 cup of the syrup; set aside. For batter, whisk eggs, sugar, the 2 tablespoons melted butter, the lemon zest and salt in a medium bowl.
- Whisk in flour and milk until smooth. (Batter will be thin.)
- Heat a 10-inch cast iron or oven-safe skillet over medium heat. Melt the 1 tablespoon butter in the skillet; pour in batter. Quickly arrange peaches on top of batter.
- Bake for 25 to 30 minutes or until puffed and golden.
- Meanwhile, for Blueberry Compote, cook reserved syrup and blueberries over medium heat in a medium saucepan for 4 to 5 minutes or until berries begin to soften.
- Remove from heat.
- To serve, sprinkle pancake with powdered sugar and, if desired, basil.
- Cut into 6 wedges.
- Serve with Blueberry Compote.

## Nutrition Facts



## Properties

Glycemic Index:52.22, Glycemic Load:20.19, Inflammation Score:-5, Nutrition Score:8.1582609881525%

## Flavonoids

Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg, Cyanidin: 4.51mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 5.5mg, Catechin: 5.5mg, Catechin: 5.5mg, Catechin: 5.5mg Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg, Epigallocatechin: 0.99mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg, Quercetin: 3.31mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

## Nutrients (% of daily need)

Calories: 240.42kcal (12.02%), Fat: 5.34g (8.22%), Saturated Fat: 2.44g (15.24%), Carbohydrates: 43.77g (14.59%), Net Carbohydrates: 41.39g (15.05%), Sugar: 30.08g (33.42%), Cholesterol: 90.11mg (30.04%), Sodium: 260.64mg (11.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.05g (12.1%), Selenium: 13.67µg (19.53%), Vitamin B2: 0.25mg (14.63%), Manganese: 0.27mg (13.58%), Vitamin B1: 0.16mg (10.95%), Phosphorus: 106.83mg (10.68%), Folate: 42.41µg (10.6%), Vitamin A: 476.08IU (9.52%), Fiber: 2.38g (9.52%), Vitamin K: 9.65µg (9.2%), Vitamin C: 6.97mg (8.45%), Vitamin B3: 1.6mg (8.01%), Iron: 1.39mg (7.74%), Vitamin E: 1.04mg (6.97%), Vitamin B5: 0.66mg (6.59%), Potassium: 203.8mg (5.82%), Vitamin B12: 0.35µg (5.77%), Copper: 0.12mg (5.76%), Calcium: 54.17mg (5.42%), Vitamin D: 0.74µg (4.92%), Vitamin B6: 0.1mg (4.9%), Zinc: 0.72mg (4.82%), Magnesium: 17.03mg (4.26%)