



Pear Dutch Baby

READY IN



45 min.

SERVINGS



6

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bosc pears cored thinly sliced
- ☐ 0.3 cup brown sugar packed
- ☐ 3 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 3 tablespoons granulated sugar
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 cup milk 2% reduced-fat
- ☐ 1 tablespoon powdered sugar
- ☐ 0.3 teaspoon salt

☐ 2 teaspoons stick margarine

Equipment

☐ bowl

☐ frying pan

☐ oven

☐ knife

☐ whisk

☐ measuring cup

Directions

☐ Preheat oven to 425

☐ Combine sliced pears, brown sugar, and lemon juice.

☐ Heat a 10-inch cast-iron or heavy ovenproof skillet over medium heat.

☐ Add pear mixture; saut 5 minutes or until pears are golden.

☐ Remove pear mixture from pan, and keep warm.

☐ Lightly spoon the flour into a dry measuring cup, and level with a knife.

☐ Place the flour in a large bowl.

☐ Combine the milk, granulated sugar, salt, and eggs, stirring the mixture well with a whisk.

☐ Add the milk mixture to the flour, stirring with a whisk until well-blended.

☐ Melt the butter in pan.

☐ Pour batter into pan.

☐ Bake at 425 for 25 minutes or until puffy and golden. Spoon the pear mixture into center of pancake; sprinkle with powdered sugar.

☐ Cut into 6 wedges.

☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:30.31, Glycemic Load:19.05, Inflammation Score:-4, Nutrition Score:8.3234782633574%

Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 251.51kcal (12.58%), Fat: 4.83g (7.43%), Saturated Fat: 1.6g (10.03%), Carbohydrates: 46.47g (15.49%), Net Carbohydrates: 43.54g (15.83%), Sugar: 25.95g (28.83%), Cholesterol: 96.15mg (32.05%), Sodium: 170.3mg (7.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.87%), Selenium: 15.96µg (22.8%), Vitamin B2: 0.31mg (18.42%), Folate: 59.28µg (14.82%), Vitamin B1: 0.2mg (13.37%), Phosphorus: 118.82mg (11.88%), Fiber: 2.94g (11.75%), Manganese: 0.2mg (9.93%), Iron: 1.63mg (9.03%), Vitamin C: 7.27mg (8.81%), Calcium: 79.97mg (8%), Vitamin B12: 0.43µg (7.21%), Vitamin B3: 1.43mg (7.13%), Vitamin B5: 0.68mg (6.78%), Potassium: 223.07mg (6.37%), Copper: 0.12mg (5.94%), Vitamin A: 253.4IU (5.07%), Zinc: 0.74mg (4.94%), Vitamin B6: 0.1mg (4.86%), Magnesium: 18.69mg (4.67%), Vitamin K: 3.54µg (3.37%), Vitamin D: 0.5µg (3.33%), Vitamin E: 0.44mg (2.96%)