



Seattle Dutch Babies

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



210 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter melted
- 3 eggs beaten
- 0.8 cup flour all-purpose
- 0.8 cup milk
- 1 pinch salt

Equipment

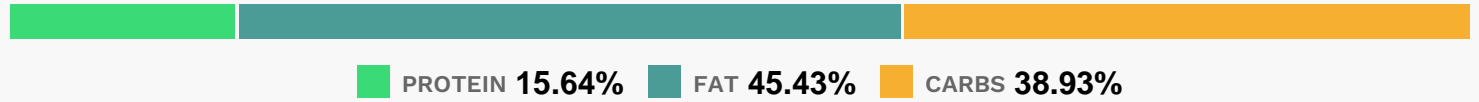
- bowl
- frying pan

- oven
- cake form

Directions

- Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9 inch pie or cake pan.
- In a large bowl, mix together flour, milk, eggs butter and salt. Stir until smooth.
- Pour batter into prepared pan.
- Bake in preheated oven for 10 minutes. Reduce heat to 325 degrees cooking for additional 5 minutes.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:40.75, Glycemic Load:13.75, Inflammation Score:-4, Nutrition Score:8.0030435582866%

Nutrients (% of daily need)

Calories: 210.14kcal (10.51%), Fat: 10.51g (16.17%), Saturated Fat: 5.52g (34.49%), Carbohydrates: 20.26g (6.75%), Net Carbohydrates: 19.63g (7.14%), Sugar: 2.39g (2.66%), Cholesterol: 143.3mg (47.77%), Sodium: 119.41mg (5.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Selenium: 19.02µg (27.17%), Vitamin B2: 0.33mg (19.54%), Vitamin B1: 0.22mg (14.88%), Folate: 58.61µg (14.65%), Phosphorus: 138.54mg (13.85%), Iron: 1.67mg (9.26%), Vitamin B12: 0.55µg (9.21%), Manganese: 0.17mg (8.55%), Vitamin A: 427.24IU (8.54%), Calcium: 79.95mg (8%), Vitamin B5: 0.79mg (7.87%), Vitamin D: 1.16µg (7.75%), Vitamin B3: 1.46mg (7.3%), Zinc: 0.78mg (5.22%), Vitamin B6: 0.09mg (4.73%), Potassium: 140.93mg (4.03%), Magnesium: 14.75mg (3.69%), Vitamin E: 0.55mg (3.64%), Copper: 0.06mg (2.9%), Fiber: 0.63g (2.53%)