



Strawberry Dutch Baby Pancake



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



179 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 0.3 cup butter
- ☐ 4 eggs
- ☐ 21 oz strawberry pie filling canned
- ☐ 0.7 cup water
- ☐ 1 cup frangelico
- ☐ 1 cup frangelico

Equipment

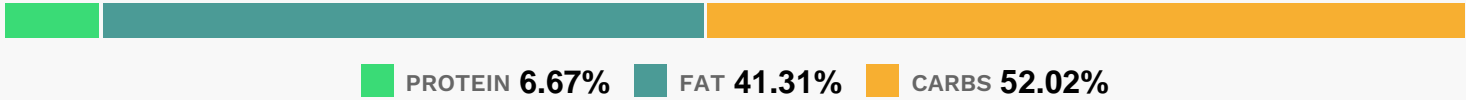
- ☐ frying pan

- ☐ sauce pan
- ☐ oven
- ☐ glass baking pan

Directions

- ☐ Heat oven to 400F. Generously grease 13x9-inch (3-quart) glass baking dish or pan. In 2-quart saucepan, heat water and butter to boiling. Reduce heat to low.
- ☐ Add baking mix all at once; stir vigorously about 1 minute or until mixture forms a ball.
- ☐ Remove from heat.
- ☐ With spoon, beat in eggs, 2 at a time, until dough is smooth and glossy after each addition.
- ☐ Spread in pan (do not spread up sides).
- ☐ Bake uncovered 30 to 35 minutes or until puffed and dry in center. Immediately after baking, spread pie filling over pancake.
- ☐ Cut into rectangles.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:3.4930435041695%

Nutrients (% of daily need)

Calories: 178.77kcal (8.94%), Fat: 7.8g (12%), Saturated Fat: 1.87g (11.71%), Carbohydrates: 22.11g (7.37%), Net Carbohydrates: 21.24g (7.72%), Sugar: 15.84g (17.6%), Cholesterol: 81.84mg (27.28%), Sodium: 116.62mg (5.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.84g (5.67%), Vitamin C: 15.77mg (19.12%), Selenium: 6.75µg (9.65%), Vitamin A: 372.54IU (7.45%), Vitamin B2: 0.1mg (6.07%), Phosphorus: 45.19mg (4.52%), Iron: 0.7mg (3.89%), Fiber: 0.87g (3.48%), Vitamin B5: 0.34mg (3.43%), Vitamin B12: 0.2µg (3.38%), Calcium: 32.53mg (3.25%), Vitamin E: 0.45mg (3.01%), Vitamin D: 0.44µg (2.93%), Folate: 10.41µg (2.6%), Zinc: 0.29mg (1.91%), Vitamin B6: 0.04mg (1.9%)