



Vanilla Dutch Baby (Puffed Pancake)

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 3 eggs
- ☐ 0.8 cup flour all-purpose
- ☐ 0.8 cup milk
- ☐ 1 pinch salt
- ☐ 1 tablespoon sugar
- ☐ 2 teaspoons vanilla extract pure

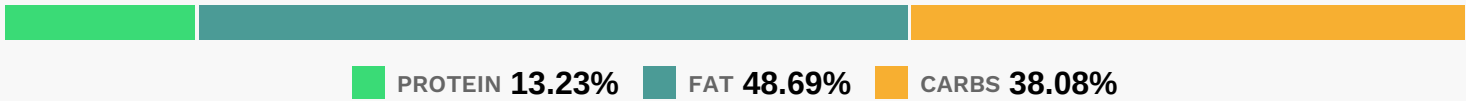
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender
- ☐ spatula
- ☐ cutting board

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Put the butter in a large, ovenproof, nonstick saute pan and place in the oven.
- ☐ Meanwhile, in a blender, combine the eggs, flour, warm milk, sugar, vanilla extract and pinch of salt, and blend on medium-high speed until uniform. (If mixing by hand, combine the eggs with the milk until the mixture is light yellow and no longer stringy, about 1 minute.
- ☐ Add the flour, sugar, vanilla, and pinch of salt, and whisk vigorously to remove the lumps, about 30 seconds.)
- ☐ Carefully remove the hot pan from the oven. The butter should be melted. Swirl the butter around the pan to coat completely, and then pour the remaining butter into the batter and pulse to blend.
- ☐ Pour the batter into the hot pan and return the pan to the oven. Cook until the pancake is puffed in the center and golden brown along the edges, 20 to 25 minutes.
- ☐ Using a spatula, remove the entire Dutch baby from the pan and place on a cooling rack for a few minutes to allow the steam to escape without condensing along the bottom and rendering the pancake soggy. Dust with confectioners' sugar when cooled slightly. Slice the pancake into 8 wedges on a serving platter or cutting board.

Nutrition Facts



Properties

Glycemic Index:58.27, Glycemic Load:15.85, Inflammation Score:-4, Nutrition Score:8.1691304186116%

Nutrients (% of daily need)

Calories: 252.55kcal (12.63%), Fat: 13.36g (20.55%), Saturated Fat: 7.32g (45.73%), Carbohydrates: 23.51g (7.84%), Net Carbohydrates: 22.87g (8.32%), Sugar: 5.64g (6.27%), Cholesterol: 150.82mg (50.28%), Sodium: 142.13mg (6.18%), Alcohol: 0.69g (100%), Alcohol %: 0.74% (100%), Protein: 8.17g (16.34%), Selenium: 19.07µg (27.24%), Vitamin B2: 0.34mg (19.75%), Vitamin B1: 0.22mg (14.9%), Folate: 58.72µg (14.68%), Phosphorus: 139.5mg (13.95%), Vitamin A: 514.71IU (10.29%), Vitamin B12: 0.56µg (9.31%), Iron: 1.67mg (9.28%), Manganese: 0.18mg (8.78%), Calcium: 81.04mg (8.1%), Vitamin B5: 0.79mg (7.91%), Vitamin D: 1.16µg (7.75%), Vitamin B3: 1.47mg (7.35%), Zinc: 0.79mg (5.26%), Vitamin B6: 0.1mg (4.76%), Vitamin E: 0.63mg (4.18%), Potassium: 144.79mg (4.14%), Magnesium: 15.06mg (3.76%), Copper: 0.06mg (2.98%), Fiber: 0.63g (2.53%)