

DUTCH BABY PANCAKE

Prep Time: 5 minutes
Cook Time: 18 to 20 minutes
Makes: 2 servings



WHAT YOU NEED

3 EGGS
1/2 cup milk
1/3 cup all-purpose flour
2 Tbsp. sugar
1/4 tsp. salt
1 Tbsp. butter

HERE'S HOW

1. **HEAT** oven to 450°F. **WHISK** eggs, milk, flour, sugar and salt in medium bowl until smooth.
2. **PLACE** butter in 9-inch metal pie plate or 9 or 10-inch ovenproof skillet. **HEAT** in oven to melt butter, about 2 minutes. **TILT** plate to coat evenly with butter.
3. **POUR** batter into hot pie plate. **BAKE** in 450°F oven 8 minutes. **Reduce oven setting to 375°F. CONTINUE** baking until pancake is golden brown and sides are puffy, 8 to 10 minutes. **CUT** into wedges. **SERVE** immediately.

ENJOY

- Lemon wedges and powdered sugar are the traditional accompaniments for Dutch Baby. Other options are syrups, preserves and fresh fruits.
- **Fresh fruit topping:** Toss 3/4 cup fresh blueberries and 1/4 cup sliced bananas with 1 Tbsp. sugar and 1/8 tsp. ground cinnamon.
- **Delicious dessert:** Add 1/4 cup Grand Marnier or other orange-flavored liqueur to the pancake batter. Serve with vanilla ice cream.

INSIDER INFORMATION

- **Plan ahead.** Pancake begins to lose its puff shortly after it comes out of the oven, so have everything (and everyone) ready when you bring it to the table.
- **To make handle ovenproof,** wrap it completely in aluminum foil.
- **Recipe can be doubled** for 4 to 6 servings. Bake in 13 x 9 x 2-inch metal baking pan in 425°F oven for 20 to 25 minutes.

NUTRITION INFORMATION

Nutrition information per serving: 313 calories; 15 g total fat; 7 g saturated fat; 1 g polyunsaturated fat; 5 g monounsaturated fat; 337 mg cholesterol; 422 mg sodium; 32 g carbohydrate; 1 g dietary fiber; 14 g protein; 658.0 IU Vitamin A; 52.5 IU Vitamin D; 76.6 mcg folate; 116.2 mg calcium; 2.4 mg iron; 201.8 mg choline.

This recipe is an **excellent source** of protein, choline, and a **good source** of vitamin A, vitamin D, folate, calcium, and iron.