



## Chile Dutch Baby with Avocado Salsa

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



338 kcal

SIDE DISH

### Ingredients

- 1 cup firm-ripe avocado chopped
- 0.1 lb butter
- 3 large eggs
- 0.8 cup flour all-purpose
- 1 tablespoon green onion thinly sliced
- 1 tablespoon juice of lime
- 0.8 cup milk
- 4 servings salt

- 1.5 tablespoons serrano chiles fresh minced
- 1 cup firm-ripe tomato chopped

## Equipment

- food processor
- bowl
- oven
- blender
- baking pan

## Directions

- Place butter in a shallow 2- to 3-quart baking dish and heat in a 425 oven until melted, 3 to 4 minutes.
- Meanwhile, in a blender or food processor, whirl eggs and milk until blended.
- Add flour and whirl until smooth, then add 1 tablespoon of the chiles and whirl just to blend.
- Pour batter into hot baking dish.
- Bake until Dutch baby is puffed and well browned, about 20 minutes.
- Meanwhile, in a bowl, mix remaining 1/2 tablespoon chiles with avocado, tomato, green onion, and lime juice.
- Dust baked Dutch baby with cayenne if desired.
- Cut into wedges.
- Add avocado salsa and salt to taste.

## Nutrition Facts



**PROTEIN 11.6%** **FAT 58.49%** **CARBS 29.91%**

## Properties

Glycemic Index:68.25, Glycemic Load:14.43, Inflammation Score:-7, Nutrition Score:14.099565215733%

## Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

## **Nutrients (% of daily need)**

Calories: 337.92kcal (16.9%), Fat: 22.37g (34.42%), Saturated Fat: 10.16g (63.5%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 21.89g (7.96%), Sugar: 3.95g (4.39%), Cholesterol: 175.47mg (58.49%), Sodium: 361.39mg (15.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.97%), Selenium: 20.65µg (29.51%), Folate: 99.51µg (24.88%), Vitamin B2: 0.42mg (24.54%), Vitamin A: 1064.67IU (21.29%), Phosphorus: 180.91mg (18.09%), Vitamin B1: 0.27mg (17.93%), Vitamin C: 12.75mg (15.45%), Fiber: 3.85g (15.41%), Vitamin K: 15.91µg (15.15%), Vitamin B5: 1.43mg (14.35%), Manganese: 0.28mg (14.09%), Vitamin B6: 0.26mg (12.95%), Potassium: 444.49mg (12.7%), Vitamin B3: 2.44mg (12.19%), Vitamin E: 1.79mg (11.94%), Iron: 2.13mg (11.82%), Vitamin B12: 0.6µg (10.08%), Calcium: 94.75mg (9.48%), Vitamin D: 1.25µg (8.35%), Copper: 0.16mg (8.2%), Magnesium: 32.23mg (8.06%), Zinc: 1.18mg (7.83%)