



Chocolate Chip Dutch Baby

READY IN



45 min.

SERVINGS



6

CALORIES



325 kcal

SIDE DISH

Ingredients

- ☐ 3 large banana firm halved lengthwise
- ☐ 2 tablespoons butter divided
- ☐ 0.5 cup rum / brandy / coffee liqueur (Kahlúa)
- ☐ 2 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.8 cup milk 2% reduced-fat
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup semi chocolate chips
- ☐ 2 tablespoons sugar

☐ 0.5 cup non-dairy whipped topping frozen thawed reduced-calorie

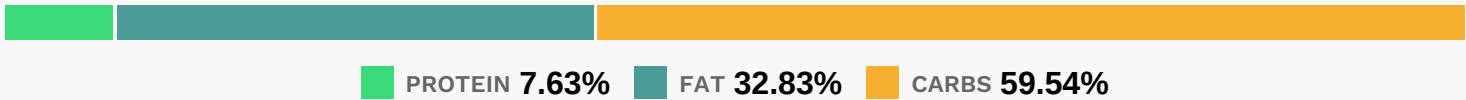
Equipment

- ☐ frying pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat oven to 45
- ☐ Place a 9-inch cast-iron skillet in a 450 oven for 15 minutes.
- ☐ Combine first 5 ingredients, stirring with a whisk until smooth. Melt 1 tablespoon butter in preheated pan until browned, swirling to evenly coat pan.
- ☐ Add batter; sprinkle evenly with chocolate chips.
- ☐ Bake at 450 for 10 minutes or until puffed and browned.
- ☐ Cut banana halves in half crosswise. Melt 1 tablespoon butter in a large skillet over medium-high heat.
- ☐ Add bananas; cook 2 minutes on each side or until browned.
- ☐ Add liqueur; simmer 1 minute.
- ☐ Serve with Dutch baby; top with whipped topping.

Nutrition Facts



Properties

Glycemic Index:41.64, Glycemic Load:16.07, Inflammation Score:-4, Nutrition Score:8.6208695691565%

Flavonoids

Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg, Catechin: 4.15mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 325.24kcal (16.26%), Fat: 11g (16.93%), Saturated Fat: 6.31g (39.45%), Carbohydrates: 44.9g (14.97%), Net Carbohydrates: 42.05g (15.29%), Sugar: 28.22g (31.36%), Cholesterol: 75.12mg (25.04%), Sodium: 172.43mg (7.5%), Alcohol: 4.27g (100%), Alcohol %: 3.19% (100%), Caffeine: 8.6mg (2.87%), Protein: 5.75g (11.5%), Manganese: 0.4mg (19.82%), Selenium: 11.13µg (15.89%), Vitamin B6: 0.3mg (14.92%), Vitamin B2: 0.24mg (14.39%), Phosphorus: 118.1mg (11.81%), Fiber: 2.85g (11.4%), Magnesium: 44.03mg (11.01%), Potassium: 383.12mg (10.95%), Folate: 42.3µg (10.57%), Copper: 0.21mg (10.38%), Iron: 1.6mg (8.89%), Vitamin B1: 0.13mg (8.38%), Vitamin C: 5.97mg (7.24%), Vitamin B5: 0.67mg (6.68%), Calcium: 61.55mg (6.16%), Vitamin B3: 1.2mg (5.99%), Vitamin A: 289.86IU (5.8%), Vitamin B12: 0.34µg (5.72%), Zinc: 0.81mg (5.38%), Vitamin E: 0.46mg (3.04%), Vitamin D: 0.33µg (2.22%), Vitamin K: 1.73µg (1.64%)