



 3%  
HEALTH SCORE

## Apricot Clafouti With Lavender & Pecans

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



290 kcal

DESSERT

### Ingredients

- 1 cup all-natural apricot nectar (no added sugar)
- 1 cup apricot preserves sugar-free
- 1 cup apricot preserves sugar-free
- 6 ounces apricots dried
- 500 grams apricots
- 1 teaspoon cardamom
- 3 large eggs at room temperature
- 1 cup honey

- 0.5 teaspoon culinary lavender buds dried
- 1 tablespoon juice of lemon
- 1 teaspoon lemon zest
- 0.5 cup cream sour low-fat
- 0.5 cup skim milk
- 0.5 c pecans
- 0.3 teaspoon salt
- 1 tablespoon unbleached flour all-purpose
- 2 teaspoons vanilla extract pure

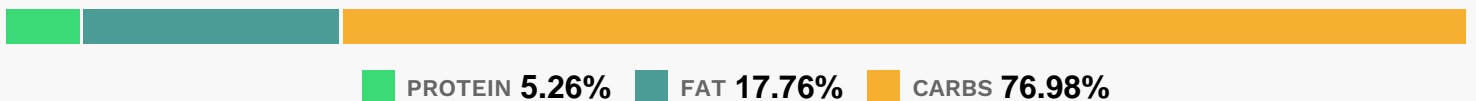
## Equipment

- oven
- whisk
- mixing bowl

## Directions

- Preheat oven to 375 F degrees. Beat eggs in a large mixing bowl.
- Add sour cream, milk, apricot nectar, lemon juice, lemon zest, apricot preserves, honey, & vanilla, & mix together thoroughly. Slowly whisk in flour, salt, cardamom, & lavender buds.
- Add diced, dried apricots & pecans.
- Pour mixture into glass pie plate, making sure to evenly distribute the pecans & dried apricot pieces.
- Add apricot halves, gently pressing them into the liquid mixture, so they form a decorative pattern. Allow to set for 10 minutes. Then cook for 30-45 minutes.

## Nutrition Facts



## Properties

Glycemic Index:25.09, Glycemic Load:17.68, Inflammation Score:-8, Nutrition Score:8.4573913043478%

## Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg, Delphinidin: 0.36mg Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 3.22mg, Epicatechin: 3.22mg, Epicatechin: 3.22mg, Epicatechin: 3.22mg Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg, Epigallocatechin 3-gallate: 0.11mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

## Taste

Sweetness: 100%, Saltiness: 10.6%, Sourness: 31.62%, Bitterness: 12.45%, Savoriness: 11.17%, Fattiness: 17.53%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 290.05kcal (14.5%), Fat: 6.76g (10.4%), Saturated Fat: 1.58g (9.86%), Carbohydrates: 65.95g (21.98%), Net Carbohydrates: 62.83g (22.85%), Sugar: 55.22g (61.36%), Cholesterol: 60.19mg (20.06%), Sodium: 98.19mg (4.27%), Alcohol: 0.28g (1.53%), Protein: 4.51g (9.01%), Vitamin A: 1768.36IU (35.37%), Manganese: 0.38mg (18.91%), Vitamin C: 15.39mg (18.66%), Fiber: 3.13g (12.51%), Selenium: 6.8µg (9.71%), Potassium: 330.79mg (9.45%), Vitamin B2: 0.15mg (8.84%), Phosphorus: 88.01mg (8.8%), Copper: 0.16mg (7.77%), Vitamin E: 1.01mg (6.71%), Calcium: 63.7mg (6.37%), Iron: 1.05mg (5.82%), Vitamin B1: 0.09mg (5.79%), Magnesium: 22.15mg (5.54%), Vitamin B6: 0.11mg (5.49%), Zinc: 0.8mg (5.31%), Vitamin B5: 0.53mg (5.31%), Folate: 21.21µg (5.3%), Vitamin B12: 0.25µg (4.21%), Vitamin D: 0.46µg (3.05%), Vitamin B3: 0.59mg (2.94%), Vitamin K: 2.79µg (2.66%)