



Artichoke Clafouti

READY IN



45 min.

SERVINGS



8

CALORIES



134 kcal

Ingredients

- ☐ 2 tablespoon breadcrumbs store bought
- ☐ 3 tablespoon flour
- ☐ 9 oz artichoke hearts frozen
- ☐ 1 clove garlic minced peeled
- ☐ 1 pinch ground nutmeg
- ☐ 1 cup half and half room temperature
- ☐ 2 tablespoon olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.5 cup parmesan cheese grated
- ☐ 1 small bell pepper red

- ☐ 8 servings salt and pepper white as needed
- ☐ 1 small zucchini

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ baking pan
- ☐ pie form

Directions

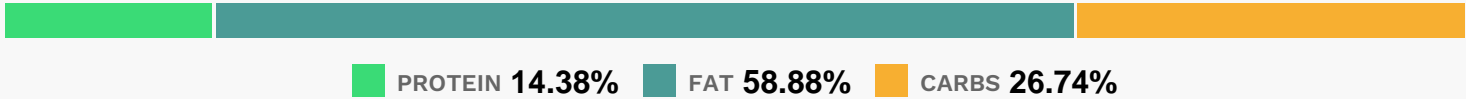
- ☐ Preheat oven to 325 degrees F. Blanch artichokes in lightly salted boiling water for one minute.
- ☐ Drain and set aside.
- ☐ Remove the stem core and dice the bell peppers. Dice the zucchini. Thinly slice the green onions.
- ☐ Heat a large skillet over medium high heat.
- ☐ Add the olive oil and garlic. Stir until fragrant.
- ☐ Add the green onions to the skillet, stir to coat.
- ☐ Add oregano, a pinch of salt and white pepper, and a pinch of ground nutmeg.
- ☐ Add the artichokes, bell peppers and zucchini. Cook the vegetables about 4 minutes until slightly softened. Turn of the heat and set aside. It may be made ahead to this point and refrigerated up to 2 days. At serving time. Butter the bottom and sides of an 8 inch glass or ceramic shallow baking dish or pie pan. Dust it with the breadcrumbs, shaking out excess. Break the eggs into a bowl and whisk in the half and half and flour.
- ☐ Whisk vigorously, until tiny bubbles are suspended in the mixture. Immediately add the cooled vegetables and the Parmesan cheese, and another pinch of salt, mix well.
- ☐ Pour this mixture into the prepared dish. Set the filled dish into the center of a larger baking pan and fill the larger pan with warm water until it comes about halfway up the sides of the

filled dish. Carefully move the pans to the oven and bake about 30 minutes, or until a knife inserted in the center comes out clean. Do not overcook the custard should remain tender and barely hold together.

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Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:1.83, Inflammation Score:-6, Nutrition Score:6.5460869935544%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 133.76kcal (6.69%), Fat: 9.02g (13.87%), Saturated Fat: 3.75g (23.46%), Carbohydrates: 9.21g (3.07%), Net Carbohydrates: 7.35g (2.67%), Sugar: 2.26g (2.52%), Cholesterol: 14.84mg (4.95%), Sodium: 347.45mg (15.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.96g (9.91%), Vitamin C: 16.57mg (20.08%), Folate: 57.55µg (14.39%), Calcium: 123.49mg (12.35%), Phosphorus: 106.81mg (10.68%), Vitamin A: 526.42IU (10.53%), Vitamin B2: 0.17mg (10.05%), Manganese: 0.17mg (8.72%), Fiber: 1.86g (7.44%), Vitamin B1: 0.09mg (5.95%), Selenium: 4.12µg (5.89%), Potassium: 194.29mg (5.55%), Vitamin B6: 0.11mg (5.42%), Vitamin E: 0.78mg (5.23%), Magnesium: 20.51mg (5.13%), Vitamin K: 4.65µg (4.43%), Vitamin B3: 0.82mg (4.12%), Iron: 0.65mg (3.6%), Zinc: 0.53mg (3.53%), Vitamin B5: 0.26mg (2.65%), Vitamin B12: 0.14µg (2.35%), Copper: 0.05mg (2.26%)