



Banana Clafoutis

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 4 bananas sliced
- ☐ 1 tablespoon butter at room temperature
- ☐ 2 eggs at room temperature
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.8 cup heavy cream
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar plus more for the baking dish

☐

1 teaspoon vanilla extract

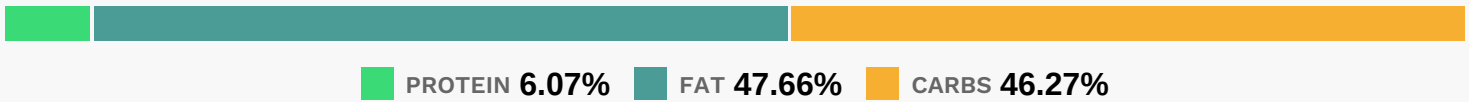
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Make the batter: Sift the flour, sugar, and salt into a bowl. In a separate bowl, whisk the eggs and heavy cream until well blended.
- ☐ Add the egg mixture to the flour mixture and whisk until smooth.Preheat the oven to 350 degrees F. Grease an oval oven-proof dish or individual dishes, with the butter.
- ☐ Sprinkle the bottom and sides with sugar.
- ☐ Place the banana slices in the oven-proof dish and sprinkle with cinnamon powder.
- ☐ Pour the batter over the bananas and place in the oven.
- ☐ Bake for 30 to 40 minutes or until the custard is firm.
- ☐ Remove from the oven and cool for 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:42.48, Glycemic Load:17.4, Inflammation Score:-5, Nutrition Score:6.9395652646604%

Flavonoids

Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 262.24kcal (13.11%), Fat: 14.37g (22.1%), Saturated Fat: 8.6g (53.74%), Carbohydrates: 31.38g (10.46%), Net Carbohydrates: 29.11g (10.58%), Sugar: 18.94g (21.04%), Cholesterol: 93.19mg (31.06%), Sodium: 51.37mg (2.23%),

Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Protein: 4.12g (8.23%), Vitamin B6: 0.33mg (16.34%), Manganese: 0.28mg (14.17%), Vitamin A: 625.67IU (12.51%), Vitamin B2: 0.21mg (12.31%), Selenium: 8.03µg (11.47%), Potassium: 338.14mg (9.66%), Fiber: 2.27g (9.1%), Vitamin C: 7.03mg (8.52%), Folate: 33.43µg (8.36%), Phosphorus: 69.93mg (6.99%), Magnesium: 26.46mg (6.61%), Vitamin B5: 0.59mg (5.9%), Vitamin B1: 0.08mg (5.15%), Vitamin D: 0.77µg (5.13%), Vitamin B3: 0.87mg (4.33%), Copper: 0.08mg (4.22%), Iron: 0.75mg (4.18%), Vitamin E: 0.57mg (3.78%), Calcium: 34.95mg (3.5%), Vitamin B12: 0.18µg (3.03%), Zinc: 0.42mg (2.81%), Vitamin K: 1.62µg (1.54%)