



## Berry Clafoutis

 Vegetarian

READY IN



35 min.

SERVINGS



4

CALORIES



303 kcal

DESSERT

### Ingredients

- 0.5 cup philadelphia cream cheese spread ()
- 3 eggs
- 0.3 cup flour
- 0.5 cup milk
- 1 Tbsp powdered sugar
- 2 cups raspberries fresh
- 0.5 cup caster sugar divided
- 1 tsp vanilla

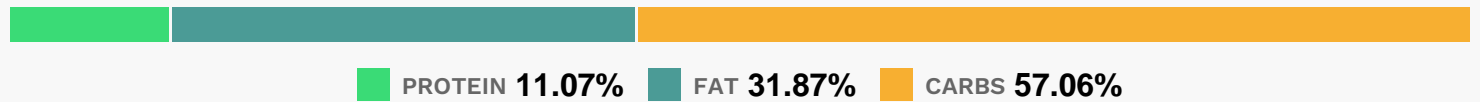
## Equipment

- oven
- toothpicks

## Directions

- Heat oven to 400 F.
- Spray 4 (1-cup) shallow ovenproof dishes with cooking spray.
- Sprinkle each with 1 tsp. caster sugar.
- Add berries.
- Beat cream cheese, remaining caster sugar, flour, vanilla and 1 egg until well blended.
- Add remaining eggs; mix well. Gradually beat in milk; pour over berries.
- Bake 20 min. or until tops are golden brown and toothpick inserted in centers of topping comes out clean. Cool slightly.
- Sprinkle with powdered sugar.

## Nutrition Facts



## Properties

Glycemic Index:52.27, Glycemic Load:23.15, Inflammation Score:-5, Nutrition Score:9.4534781912099%

## Flavonoids

Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg, Cyanidin: 27.46mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg, Epicatechin: 2.11mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

## Nutrients (% of daily need)

Calories: 302.55kcal (15.13%), Fat: 10.81g (16.63%), Saturated Fat: 5.58g (34.85%), Carbohydrates: 43.55g (14.52%), Net Carbohydrates: 39.44g (14.34%), Sugar: 32.18g (35.76%), Cholesterol: 144.01mg (48%), Sodium: 191.25mg (8.32%), Alcohol: 0.36g (100%), Alcohol %: 0.24% (100%), Protein: 8.45g (16.89%), Manganese: 0.47mg (23.46%), Selenium: 13.64µg (19.49%), Vitamin C: 15.72mg (19.05%), Fiber: 4.11g (16.44%), Vitamin B2: 0.26mg (15.32%), Phosphorus: 122.05mg (12.2%), Calcium: 106.6mg (10.66%), Folate: 42.41µg (10.6%), Vitamin A: 516.97IU (10.34%), Vitamin B5: 0.85mg (8.52%), Vitamin B12: 0.46µg (7.64%), Iron: 1.37mg (7.61%), Vitamin B1: 0.11mg (7.39%), Vitamin D: 1µg (6.64%), Vitamin E: 0.89mg (5.92%), Zinc: 0.86mg (5.74%), Magnesium: 22.66mg (5.67%), Vitamin B6: 0.11mg (5.57%), Potassium: 192.34mg (5.5%), Vitamin K: 4.89µg (4.66%), Copper: 0.09mg (4.6%), Vitamin B3: 0.88mg (4.41%)