



## Bing Cherry Clafouti

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



504 kcal

DESSERT

### Ingredients

- 1 cup cherries pitted halved
- 1.5 teaspoons vanilla extract
- 0.5 teaspoon orange zest
- 0.3 teaspoon almond extract
- 0.5 tablespoon butter unsalted cut into bits
- 0.7 cup milk
- 2 tablespoons flour all-purpose
- 0.3 cup sugar

- 2 large eggs
- 0.3 teaspoon salt

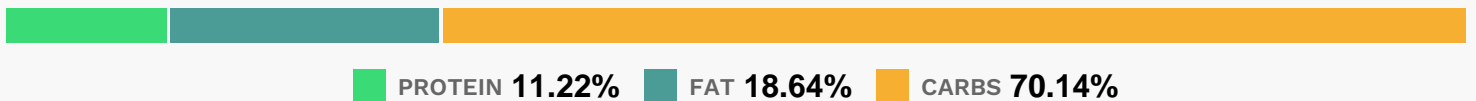
## Equipment

- oven
- blender
- baking pan
- broiler

## Directions

- Preheat the oven to 400°F. In a blender blend together 1/3 cup of the sugar, the flour, the eggs, the milk, the vanilla, the zest, the almond extract, and the salt until the custard is just smooth. Arrange the cherries in one layer in a buttered 3-cup gratin dish or flameproof shallow baking dish, pour the custard over them, and bake the clafouti in the middle of the oven for 20 to 25 minutes, or until the top is puffed and springy to the touch.
- Sprinkle the top with the remaining 1 tablespoon sugar, dot it with the butter, and broil the clafouti under a preheated broiler about 3 inches from the heat for 1 minute, or until it is browned.
- Serve the clafouti with the ice cream.

## Nutrition Facts



## Properties

Glycemic Index:91.55, Glycemic Load:28.85, Inflammation Score:-9, Nutrition Score:11.918695644192%

## Nutrients (% of daily need)

Calories: 504.32kcal (25.22%), Fat: 10.38g (15.97%), Saturated Fat: 4.89g (30.55%), Carbohydrates: 87.86g (29.29%), Net Carbohydrates: 81.9g (29.78%), Sugar: 69.2g (76.89%), Cholesterol: 203.29mg (67.76%), Sodium: 403.49mg (17.54%), Alcohol: 1.2g (100%), Alcohol %: 0.63% (100%), Protein: 14.06g (28.12%), Vitamin A: 2642.84IU (52.86%), Selenium: 19.68µg (28.11%), Fiber: 5.96g (23.83%), Vitamin B2: 0.39mg (22.89%), Phosphorus: 190.4mg (19.04%), Calcium: 186.25mg (18.63%), Vitamin B12: 0.89µg (14.84%), Vitamin D: 1.95µg (12.98%), Iron: 2.23mg (12.4%), Vitamin B5: 1.11mg (11.1%), Folate: 37.48µg (9.37%), Vitamin B1: 0.13mg (8.37%), Vitamin B6: 0.14mg (6.99%),

Zinc: 1.04mg (6.96%), Potassium: 206.83mg (5.91%), Magnesium: 18.02mg (4.5%), Vitamin E: 0.65mg (4.35%),  
Manganese: 0.08mg (3.93%), Vitamin B3: 0.59mg (2.93%), Copper: 0.05mg (2.69%)