



Black Cherry Clafouti

 Vegetarian

READY IN



55 min.

SERVINGS



6

CALORIES



154 kcal

DESSERT

Ingredients

- ☐ 0.5 cup pillsbury best® all purpose flour
- ☐ 0.5 teaspoon almond extract
- ☐ 0.3 cup almonds sliced
- ☐ 11.8 oz smucker's® cherry flavor topping black divided
- ☐ 2 large eggs
- ☐ 0.8 cup milk
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sugar

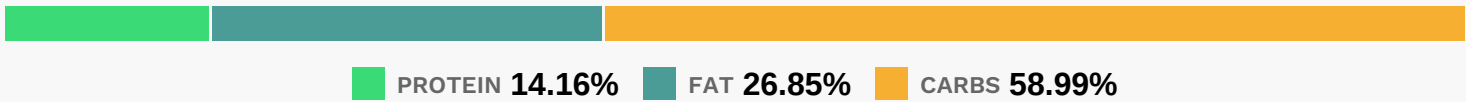
Equipment

- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender

Directions

- ☐ HEAT oven to 400F. Coat 9-inch pie plate with no-stick cooking spray.
- ☐ WHISK eggs and milk until blended.
- ☐ Add flour, sugar, salt and almond extract.
- ☐ Whisk until smooth. Or put all ingredients in blender container. Process 15 seconds.
- ☐ Let stand 3 minutes.
- ☐ SPREAD 3/4 cup topping evenly in prepared pie plate.
- ☐ Pour batter over top. Swirl topping and batter with a knife.
- ☐ Place small spoonfuls of remaining topping around outer edge of batter.
- ☐ Sprinkle with almonds.
- ☐ BAKE 25 to 30 minutes or until golden brown and knife inserted in center comes out clean. Cool 30 minutes before serving.
- ☐ Sprinkle with powdered sugar, if desired.

Nutrition Facts



Properties

Glycemic Index:35.85, Glycemic Load:10.82, Inflammation Score:-3, Nutrition Score:6.4160869121552%

Flavonoids

Cyanidin: 16.87mg, Cyanidin: 16.87mg, Cyanidin: 16.87mg, Cyanidin: 16.87mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg, Peonidin: 0.83mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epigallocatechin:

0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg, Epicatechin: 2.8mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg

Nutrients (% of daily need)

Calories: 153.58kcal (7.68%), Fat: 4.7g (7.23%), Saturated Fat: 1.27g (7.95%), Carbohydrates: 23.23g (7.74%), Net Carbohydrates: 21.3g (7.75%), Sugar: 12.86g (14.29%), Cholesterol: 65.66mg (21.89%), Sodium: 84.02mg (3.65%), Alcohol: 0.11g (100%), Alcohol %: 0.12% (100%), Protein: 5.58g (11.16%), Vitamin B2: 0.23mg (13.69%), Selenium: 9.41µg (13.44%), Phosphorus: 105.17mg (10.52%), Manganese: 0.2mg (10.22%), Vitamin B1: 0.13mg (8.56%), Vitamin E: 1.22mg (8.11%), Fiber: 1.93g (7.71%), Folate: 30.8µg (7.7%), Potassium: 231.83mg (6.62%), Calcium: 66.05mg (6.6%), Iron: 1.12mg (6.22%), Magnesium: 24.45mg (6.11%), Vitamin B5: 0.54mg (5.43%), Vitamin B12: 0.31µg (5.22%), Copper: 0.1mg (5.03%), Vitamin C: 3.89mg (4.71%), Vitamin D: 0.67µg (4.46%), Vitamin B3: 0.89mg (4.43%), Vitamin B6: 0.08mg (4.2%), Zinc: 0.57mg (3.82%), Vitamin A: 174.98IU (3.5%), Vitamin K: 1.34µg (1.27%)