



Blackberry Clafoutis

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



459 kcal

DESSERT

Ingredients

- 1 cup blackberries frozen
- 0.3 cup almond flour
- 2 tablespoons flour plain
- 0.8 cup milk
- 0.5 cup sugar
- 2 large eggs beaten
- 0.5 teaspoon vanilla extract
- 0.3 teaspoon salt

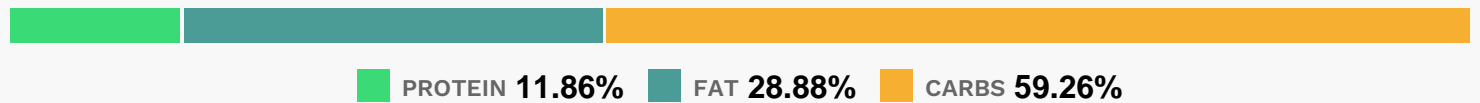
Equipment

- bowl
- oven
- wire rack
- ramekin
- baking pan

Directions

- Preheat oven to 200C and butter two ramekins.
- Divide the blackberries between the prepared ramekins, leaving some for later (optional).
- In a bowl add the almond meal, flour, milk, sugar, eggs, vanilla and salt.
- Mix well until you have a smooth batter.
- Pour the batter over the fruit (dotting the tops with the leftover blackberries).
- Place the dishes on a baking tray and bake in the middle of the oven for 30 minutes, or until the tops are golden.
- Transfer to a wire rack and allow to cool for a few minutes.
- Serve warm with whipped cream.

Nutrition Facts



Properties

Glycemic Index:104.05, Glycemic Load:41.45, Inflammation Score:-6, Nutrition Score:14.110434782609%

Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg

Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

Taste

Sweetness: 100%, Saltiness: 42.08%, Sourness: 10.95%, Bitterness: 6.63%, Savoriness: 27.23%, Fattiness: 43.93%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 459.14kcal (22.96%), Fat: 15.2g (23.38%), Saturated Fat: 3.78g (23.62%), Carbohydrates: 70.17g (23.39%), Net Carbohydrates: 64.67g (23.52%), Sugar: 58.64g (65.15%), Cholesterol: 196.98mg (65.66%), Sodium: 397.92mg (17.3%), Alcohol: 0.34g (1.91%), Protein: 14.05g (28.09%), Selenium: 20.22µg (28.89%), Manganese: 0.54mg (26.95%), Vitamin B2: 0.42mg (24.76%), Fiber: 5.5g (22.01%), Phosphorus: 215.42mg (21.54%), Calcium: 192.74mg (19.27%), Vitamin C: 15.12mg (18.33%), Vitamin B12: 0.94µg (15.65%), Vitamin K: 14.7µg (14%), Folate: 55.23µg (13.81%), Vitamin B5: 1.34mg (13.4%), Vitamin D: 2.01µg (13.38%), Iron: 2.23mg (12.37%), Vitamin A: 572.31IU (11.45%), Zinc: 1.46mg (9.74%), Vitamin B1: 0.14mg (9.64%), Potassium: 333.46mg (9.53%), Vitamin E: 1.42mg (9.45%), Copper: 0.17mg (8.55%), Vitamin B6: 0.17mg (8.3%), Magnesium: 33.16mg (8.29%), Vitamin B3: 1.05mg (5.23%)