



## Blackberry-Ginger Clafouti

 Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



209 kcal

DESSERT

### Ingredients

- 4 large cardamom pods black shelled ( 1 tablespoon of seeds)
- 1 cup blackberries fresh or any berry!
- 1 tablespoon butter at room temperature
- 3 large cinnamon sticks (if you have the kind you get at Indian stores, it's 3 tablespoons of cinnamon bark bits)
- 3 eggs
- 1 teaspoon ginger fresh grated
- 0.5 cup flour gluten-free all-purpose (I use a flour)
- 0.3 cup cardamom pods green shelled ( 2 tablespoons of seeds)

- 0.5 cup heavy cream
- 8 servings kosher salt
- 0.5 cup milk
- 0.3 cup sugar
- 2 teaspoons vanilla extract
- 8 servings whipped cream

## Equipment

- oven
- knife
- stand mixer

## Directions

- Preheat the oven to 350 degrees F.
- Grease a 9-inch pie plate with the butter. Dust the dish with 1 tablespoon sugar, making sure you cover the sides too! I do this by holding the pie plate near-vertical and shimmying the sugar around the edge. Set the pie plate aside.
- Using a stand mixer, an electric hand-mixer or a blender, mix the remaining 1/3 cup sugar, flour, 1/4 teaspoon salt, ginger, garam masala, eggs, milk, heavy cream and vanilla and let it go until the mixture is frothy.
- Arrange the blackberries in the bottom of the pie plate (I don't like it to look too uniform), and carefully pour the batter into the dish.
- Bake for 40 to 50 minutes, rotating the dish halfway to ensure even cooking. You'll know it's done when you insert a knife into the center and it comes out clean. Don't worry if certain areas puff up more than others as the clafouti cools on your counter it will even out.
- Serve warm or at room temperature, dusted with a little powdered sugar, and topped with a little whipped cream, if desired. I like it just the way it is when it comes out of the oven!
- Combine the cinnamon sticks, cloves, green cardamom seeds, black cardamom seeds, if using into a spice grinder or coffee grinder and grind until fine. Store the spice mix in an airtight container away from direct sunlight.

## Nutrition Facts



PROTEIN 9.48% FAT 45.8% CARBS 44.72%

## Properties

Glycemic Index:33.51, Glycemic Load:6.89, Inflammation Score:-4, Nutrition Score:10.443043475566%

## Flavonoids

Cyanidin: 17.99mg, Cyanidin: 17.99mg, Cyanidin: 17.99mg, Cyanidin: 17.99mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 6.67mg, Catechin: 6.67mg, Catechin: 6.67mg, Catechin: 6.67mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg, Epicatechin: 0.84mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

## Nutrients (% of daily need)

Calories: 208.53kcal (10.43%), Fat: 11.13g (17.12%), Saturated Fat: 6.02g (37.6%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 19.68g (7.16%), Sugar: 11.32g (12.58%), Cholesterol: 88.34mg (29.45%), Sodium: 240.79mg (10.47%), Alcohol: 0.34g (100%), Alcohol %: 0.43% (100%), Protein: 5.18g (10.37%), Manganese: 2.7mg (135.24%), Fiber: 4.77g (19.08%), Iron: 1.98mg (11%), Calcium: 100.16mg (10.02%), Vitamin A: 459.69IU (9.19%), Vitamin B2: 0.15mg (8.94%), Selenium: 6.07µg (8.67%), Phosphorus: 82.35mg (8.23%), Magnesium: 29.39mg (7.35%), Zinc: 1.08mg (7.23%), Vitamin C: 5.69mg (6.9%), Potassium: 200.48mg (5.73%), Vitamin D: 0.76µg (5.07%), Vitamin B12: 0.27µg (4.56%), Vitamin K: 4.78µg (4.55%), Vitamin E: 0.64mg (4.26%), Vitamin B5: 0.42mg (4.23%), Copper: 0.08mg (4.13%), Vitamin B6: 0.07mg (3.63%), Folate: 13.19µg (3.3%), Vitamin B1: 0.04mg (2.74%), Vitamin B3: 0.28mg (1.38%)