



Blueberry Clafouti

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



223 kcal

DESSERT

Ingredients

- 1 pint blueberries fresh rinsed drained
- 1 egg yolk
- 3 eggs
- 0.8 cup flour all-purpose sifted
- 1 cup milk
- 1 pinch salt
- 1 teaspoon vanilla extract
- 1 cup sugar white

Equipment

- oven
- whisk
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 inch baking dish.
- Arrange the blueberries over the bottom of the prepared baking dish.
- Whisk together the eggs and egg yolk until light and fluffy. Stir in the sugar, and continue whisking until mixture thickens.
- Whisk in the milk, vanilla extract, sifted flour, and salt, one at a time, until mixture is light and airy.
- Pour the mixture over the berries to cover evenly.
- Bake on center rack in preheated oven until top is golden and springs back when touched, about 45 minutes. Cool slightly, and cut into 8 equal pieces. Dust with confectioners' sugar, and serve immediately.

Nutrition Facts



Properties

Glycemic Index:27.89, Glycemic Load:27.33, Inflammation Score:-3, Nutrition Score:6.7439130700153%

Flavonoids

Cyanidin: 5mg, Cyanidin: 5mg, Cyanidin: 5mg, Cyanidin: 5mg Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg, Petunidin: 18.65mg Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg, Delphinidin: 20.96mg Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg, Malvidin: 39.98mg Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg, Peonidin: 12mg Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg, Catechin: 3.13mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin:

4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg, Quercetin: 4.54mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 223.2kcal (11.16%), Fat: 3.53g (5.43%), Saturated Fat: 1.33g (8.33%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 42.37g (15.41%), Sugar: 32.48g (36.09%), Cholesterol: 89.34mg (29.78%), Sodium: 42.07mg (1.83%), Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 5.09g (10.17%), Selenium: 11.09µg (15.84%), Manganese: 0.29mg (14.39%), Vitamin B2: 0.22mg (12.75%), Vitamin K: 11.61µg (11.05%), Vitamin B1: 0.14mg (9.44%), Phosphorus: 92.03mg (9.2%), Folate: 36.03µg (9.01%), Vitamin C: 5.74mg (6.95%), Fiber: 1.74g (6.94%), Iron: 1.07mg (5.96%), Vitamin B12: 0.36µg (5.92%), Vitamin B5: 0.56mg (5.59%), Calcium: 55.27mg (5.53%), Vitamin D: 0.79µg (5.25%), Vitamin B3: 0.99mg (4.93%), Vitamin B6: 0.09mg (4.53%), Vitamin A: 202.89IU (4.06%), Vitamin E: 0.59mg (3.94%), Zinc: 0.57mg (3.8%), Potassium: 130.3mg (3.72%), Copper: 0.07mg (3.33%), Magnesium: 11.94mg (2.98%)