



Brandied Plum Clafoutis

 Vegetarian

READY IN



75 min.

SERVINGS



6

CALORIES



319 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons flour
- ☐ 4 tablespoons brandy divided
- ☐ 2 large eggs
- ☐ 0.5 cup cup heavy whipping cream ()
- ☐ 0.3 cup orange juice concentrate frozen thawed
- ☐ 1.5 pounds plums pitted sliced cut into 1/2-inch cubes thin
- ☐ 4 tablespoons butter salted divided melted ()
- ☐ 7 tablespoons sugar divided

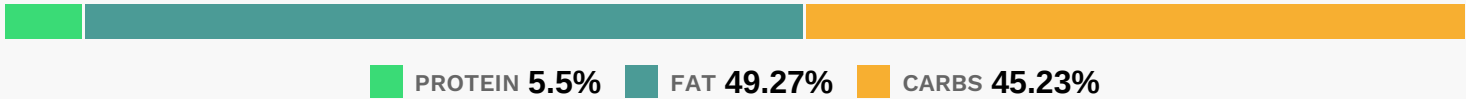
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ measuring cup
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 375°F.
- ☐ Brush six 5-inch diameter,1-inch-high ovenproof dishes with1 tablespoon melted butter; place dishes onrimmed baking sheet. Cook diced plums, 4tablespoons sugar, and 2 tablespoons brandyin medium skillet over medium-high heat untiljuices bubble thickly, stirring often, about 5minutes. Cover; cook until plums are justtender, stirring occasionally, 2 to 3 minutes.
- ☐ Using slotted spoon, divide dicedplums among prepared dishes.
- ☐ Add orangejuice concentrate to juices in skillet; stir toblend.
- ☐ Pour into 1-cup measuring cup.
- ☐ Addremaining 2 tablespoons brandy, then enoughcream to measure 3/4 cup total.
- ☐ Whisk 1/2 cup plus 2 tablespoons sugarand flour in large bowl.
- ☐ Whisk in creammixture, eggs, and remaining 3 tablespoonsmelted butter. Spoon batter over plums indishes. Top with plum slices; sprinkle withremaining 1 tablespoon sugar.
- ☐ Bake clafoutis until puffed and crusty andcenter is just set, about 30 minutes. Cool15 minutes and serve warm.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:16.23, Inflammation Score:-7, Nutrition Score:7.6460870037908%

Flavonoids

Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg, Cyanidin: 6.38mg Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg, Peonidin: 0.35mg Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg, Catechin: 3.28mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg, Epicatechin 3-gallate: 0.86mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg, Gallocatechin: 0.1mg

Nutrients (% of daily need)

Calories: 318.51kcal (15.93%), Fat: 16.74g (25.76%), Saturated Fat: 9.91g (61.95%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 32.78g (11.92%), Sugar: 29.39g (32.66%), Cholesterol: 104.48mg (34.83%), Sodium: 90.18mg (3.92%), Alcohol: 3.34g (100%), Alcohol %: 2.13% (100%), Protein: 4.21g (8.42%), Vitamin C: 28.05mg (34%), Vitamin A: 1050.86IU (21.02%), Vitamin B2: 0.19mg (11.08%), Selenium: 7.21µg (10.3%), Potassium: 301.04mg (8.6%), Vitamin K: 8.65µg (8.24%), Phosphorus: 76.56mg (7.66%), Folate: 30.55µg (7.64%), Fiber: 1.81g (7.23%), Vitamin B1: 0.11mg (7.03%), Vitamin E: 0.94mg (6.28%), Vitamin B5: 0.55mg (5.52%), Vitamin B6: 0.1mg (5.05%), Manganese: 0.1mg (4.87%), Copper: 0.09mg (4.71%), Vitamin D: 0.65µg (4.34%), Vitamin B3: 0.85mg (4.27%), Magnesium: 16.48mg (4.12%), Iron: 0.73mg (4.06%), Calcium: 36.67mg (3.67%), Vitamin B12: 0.2µg (3.27%), Zinc: 0.44mg (2.9%)