



Cherry-Almond Clafouti

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

DESSERT

Ingredients

- 0.3 cup flour
- 0.5 teaspoon almond extract
- 3 large eggs room temperature
- 6 servings powdered sugar
- 1 pinch salt
- 1 tablespoon sugar
- 2 cups cherries dark sweet pitted halved
- 2 ounces almonds whole

1.3 cups milk whole

Equipment

bowl

sauce pan

oven

knife

sieve

hand mixer

pie form

Directions

Blend almonds in processor until ground but not pasty.

Transfer to small saucepan; add milk and bring to simmer.

Remove from heat; let steep 30 minutes.

Pour through fine strainer, pressing on solids to extract as much liquid as possible. Discard solids in strainer.

Preheat oven to 375°F. Butter 10-inch-diameter glass pie dish; sprinkle with 1 tablespoon sugar. Scatter cherries evenly over bottom of dish.

Using electric mixer, beat eggs, almond extract, salt, and remaining 1/2 cup sugar in medium bowl until well blended.

Add strained almond milk and beat to blend. Sift flour into egg mixture and beat until smooth.

Pour mixture over cherries.

Bake until set and knife inserted into center comes out clean, about 30 minutes. Cool completely.

Can be made 6 hours ahead.

Let stand at room temperature. Lightly dust clafouti with powdered sugar and serve.

Nutrition Facts



■ PROTEIN 14.6% ■ FAT 37.13% ■ CARBS 48.27%

Properties

Glycemic Index:35.85, Glycemic Load:6.67, Inflammation Score:-4, Nutrition Score:8.6743477997573%

Flavonoids

Cyanidin: 14.13mg, Cyanidin: 14.13mg, Cyanidin: 14.13mg, Cyanidin: 14.13mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg, Epicatechin: 2.36mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 208.68kcal (10.43%), Fat: 8.87g (13.65%), Saturated Fat: 2.11g (13.2%), Carbohydrates: 25.95g (8.65%), Net Carbohydrates: 23.66g (8.6%), Sugar: 18.71g (20.79%), Cholesterol: 99.1mg (33.03%), Sodium: 61.69mg (2.68%), Alcohol: 0.11g (100%), Alcohol %: 0.1% (100%), Protein: 7.85g (15.69%), Vitamin B2: 0.34mg (19.72%), Vitamin E: 2.74mg (18.28%), Phosphorus: 161.6mg (16.16%), Selenium: 10.85µg (15.51%), Manganese: 0.29mg (14.69%), Calcium: 108.85mg (10.88%), Magnesium: 40.86mg (10.22%), Fiber: 2.29g (9.15%), Vitamin B12: 0.5µg (8.28%), Potassium: 288.4mg (8.24%), Copper: 0.15mg (7.59%), Vitamin B1: 0.11mg (7.41%), Vitamin B5: 0.73mg (7.32%), Vitamin D: 1.06µg (7.06%), Folate: 27.28µg (6.82%), Iron: 1.2mg (6.68%), Zinc: 0.9mg (5.97%), Vitamin B6: 0.11mg (5.57%), Vitamin A: 246.88IU (4.94%), Vitamin B3: 0.79mg (3.97%), Vitamin C: 3.22mg (3.9%), Vitamin K: 1.21µg (1.15%)