



Cherry-Almond Clafouti

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all purpose 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



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%)