



Cherry Clafouti

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



224 kcal

DESSERT

Ingredients

- ☐ 1 pound cherries fresh frozen thawed pitted stemmed drained
- ☐ 4 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup cup heavy whipping cream
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.8 teaspoon lemon zest finely grated
- ☐ 8 servings powdered sugar
- ☐ 0.5 cup sugar

- ☐ 0.8 teaspoon vanilla extract
- ☐ 1 cup milk whole

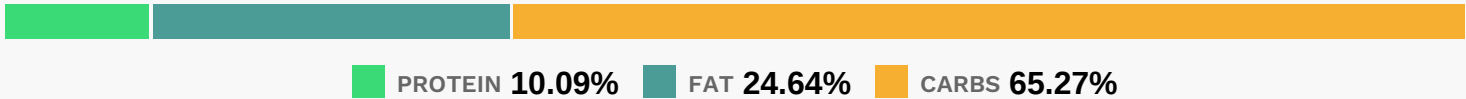
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ cake form

Directions

- ☐ Preheat oven to 375°F. Butter cake pan or ramekins. Arrange cherries in a single layer in pan.
- ☐ Combine milk and cream in a small saucepan; bring just to a simmer over medium heat. Set aside.
- ☐ Combine eggs, flour, sugar, lemon zest, vanilla, and salt in a medium bowl; whisk to blend. Gradually whisk in hot milk mixture; whisk until custard is smooth.
- ☐ Pour custard evenly over cherries in pan. If necessary, gently shake pan to allow custard to settle.
- ☐ Bake clafouti until custard is set and top is golden brown, about 30 minutes for ramekins and 45–55 minutes for cake pan.
- ☐ Let cool 3 minutes, then run a knife around pan sides to loosen clafouti (if using a cake pan). Dust top with powdered sugar; cut into wedges and serve.
- ☐ Bon Appétit

Nutrition Facts



Properties

Glycemic Index:25.64, Glycemic Load:15.31, Inflammation Score:-3, Nutrition Score:6.0052173241325%

Flavonoids

Cyanidin: 17.13mg, Cyanidin: 17.13mg, Cyanidin: 17.13mg, Cyanidin: 17.13mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg, Catechin: 2.47mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg, Epicatechin: 2.84mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 223.91kcal (11.2%), Fat: 6.27g (9.64%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 37.36g (12.45%), Net Carbohydrates: 35.94g (13.07%), Sugar: 29.41g (32.68%), Cholesterol: 105.06mg (35.02%), Sodium: 194.93mg (8.48%), Alcohol: 0.13g (100%), Alcohol %: 0.11% (100%), Protein: 5.77g (11.55%), Selenium: 11.25µg (16.07%), Vitamin B2: 0.23mg (13.65%), Phosphorus: 105.01mg (10.5%), Folate: 28.64µg (7.16%), Vitamin B1: 0.11mg (7.02%), Vitamin B12: 0.4µg (6.65%), Vitamin B5: 0.66mg (6.64%), Vitamin A: 330.12IU (6.6%), Calcium: 65.55mg (6.56%), Potassium: 222.84mg (6.37%), Vitamin D: 0.95µg (6.36%), Iron: 1.03mg (5.7%), Fiber: 1.42g (5.69%), Manganese: 0.1mg (5.17%), Vitamin C: 4.26mg (5.16%), Vitamin B6: 0.1mg (4.77%), Magnesium: 15.21mg (3.8%), Zinc: 0.56mg (3.75%), Copper: 0.07mg (3.32%), Vitamin B3: 0.61mg (3.03%), Vitamin E: 0.39mg (2.61%), Vitamin K: 1.62µg (1.54%)