

(Cherry) Clafouti



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



1580 kcal

DESSERT

Ingredients

- ☐ 0.5 cup almonds sliced
- ☐ 330 g cherries pitted canned (you may need fewer cherries if you make individual clafoutis depending on how many you can fit in the ramekins)
- ☐ 240 g crème fraîche
- ☐ 3 large eggs
- ☐ 1 teaspoon kirsch liqueur
- ☐ 100 g sugar for sprinkling
- ☐ 1 teaspoon vanilla bean paste

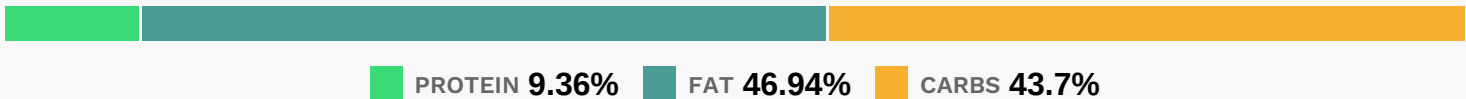
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Preheat the oven to 400 degrees F. Butter and sugar a 9-in baking dish or pie plate, or individual ramekins, and place on a baking sheet.
- ☐ Whisk the eggs together in a mixing bowl.
- ☐ Add in the sugar and whisk to combine.
- ☐ Add in the crème fraîche and whisk just until incorporated.
- ☐ Whisk in the vanilla bean paste and kirsch.
- ☐ Place the cherries in the prepared dish or divide equally among the ramekins.
- ☐ Pour the batter into the prepared pan(s).
- ☐ Bake in the oven for about 15 minutes. Take out and sprinkle the almonds over the top, then sprinkle with more sugar.
- ☐ Bake for another 10 to 15 minutes, until the tops are golden and puffed and the centers are set.
- ☐ Let clafouti cool for about 15 minutes out of the oven before serving. You can also serve at room temperature – it will keep for about 12 hours.

Nutrition Facts



Properties

Glycemic Index:117.09, Glycemic Load:80.32, Inflammation Score:-9, Nutrition Score:43.236956140269%

Flavonoids

Cyanidin: 100.82mg, Cyanidin: 100.82mg, Cyanidin: 100.82mg, Cyanidin: 100.82mg Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg, Pelargonidin: 0.89mg Peonidin: 4.95mg, Peonidin: 4.95mg, Peonidin: 4.95mg, Peonidin: 4.95mg Catechin: 14.98mg, Catechin: 14.98mg, Catechin: 14.98mg, Catechin: 14.98mg Epigallocatechin: 2.31mg, Epigallocatechin: 2.31mg, Epigallocatechin: 2.31mg, Epigallocatechin: 2.31mg Epicatechin: 16.78mg, Epicatechin: 16.78mg, Epicatechin: 16.78mg, Epicatechin: 16.78mg Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg, Quercetin: 7.72mg

Nutrients (% of daily need)

Calories: 1580.49kcal (79.02%), Fat: 84.76g (130.4%), Saturated Fat: 30.81g (192.55%), Carbohydrates: 177.53g (59.18%), Net Carbohydrates: 164.85g (59.94%), Sugar: 155.78g (173.09%), Cholesterol: 699.6mg (233.2%), Sodium: 288.91mg (12.56%), Alcohol: 1.67g (100%), Alcohol %: 0.24% (100%), Protein: 38.01g (76.01%), Vitamin B2: 1.74mg (102.42%), Vitamin E: 14.49mg (96.63%), Selenium: 57.42µg (82.02%), Phosphorus: 770.16mg (77.02%), Manganese: 1.36mg (67.77%), Fiber: 12.68g (50.72%), Magnesium: 202.5mg (50.63%), Vitamin A: 2516.86IU (50.34%), Calcium: 494.04mg (49.4%), Potassium: 1578.88mg (45.11%), Copper: 0.83mg (41.55%), Vitamin B5: 3.98mg (39.78%), Iron: 5.74mg (31.89%), Vitamin B12: 1.84µg (30.65%), Vitamin C: 25.26mg (30.62%), Folate: 118.34µg (29.58%), Zinc: 4.41mg (29.37%), Vitamin B6: 0.58mg (28.91%), Vitamin D: 3µg (20%), Vitamin B1: 0.29mg (19.45%), Vitamin B3: 2.51mg (12.55%), Vitamin K: 10.98µg (10.46%)