



Cherry Clafouti

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

DESSERT

Ingredients

- ☐ 12 oz cherries black frozen thawed pitted
- ☐ 2 tablespoons confectioners' sugar
- ☐ 1 large yolk of a egg
- ☐ 3 large eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups milk
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar

☐ 1 teaspoon vanilla extract

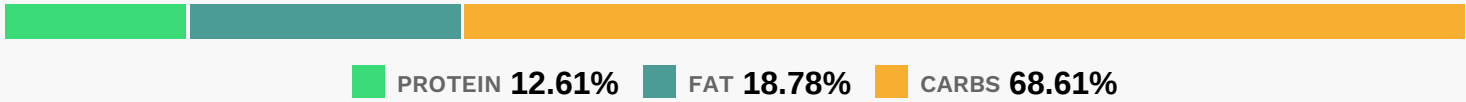
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ pie form

Directions

- ☐ Preheat oven to 425F. Butter a 9-inch pie plate.
- ☐ Drain cherries; sprinkle with 1 Tbsp. sugar.
- ☐ Whisk eggs and yolk together in a large bowl until blended.
- ☐ Add flour gradually, stirring constantly with a fork until incorporated. Stir in remaining 1/2 cup sugar, salt and vanilla extract. Slowly add milk, stirring, until mixture forms a thin batter.
- ☐ Pour half of batter into bottom of pie pan.
- ☐ Bake until firm and set, about 10 minutes.
- ☐ Remove from oven and scatter cherries over batter.
- ☐ Pour remaining batter over cherries and return to oven. Cook until puffed, lightly browned and set in middle, about 25 minutes longer. Cool slightly on a wire rack. Sift confectioners' sugar over clafouti, if desired, and serve warm.

Nutrition Facts



Properties

Glycemic Index:30.52, Glycemic Load:24.22, Inflammation Score:-6, Nutrition Score:9.7130435031393%

Flavonoids

Cyanidin: 18.47mg, Cyanidin: 18.47mg, Cyanidin: 18.47mg, Cyanidin: 18.47mg Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg, Peonidin: 0.49mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg

Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg, Epicatechin: 2.17mg Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg, Isorhamnetin: 0.41mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg, Quercetin: 0.83mg

Nutrients (% of daily need)

Calories: 262.12kcal (13.11%), Fat: 5.51g (8.47%), Saturated Fat: 2.26g (14.12%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 43.81g (15.93%), Sugar: 27.24g (30.26%), Cholesterol: 130.92mg (43.64%), Sodium: 68.9mg (3%), Alcohol: 0.23g (100%), Alcohol %: 0.16% (100%), Protein: 8.32g (16.64%), Selenium: 17.6µg (25.14%), Vitamin B2: 0.34mg (20.19%), Vitamin A: 1002.13IU (20.04%), Phosphorus: 153.2mg (15.32%), Vitamin B1: 0.23mg (15.32%), Folate: 58.55µg (14.64%), Manganese: 0.22mg (10.95%), Calcium: 105.15mg (10.52%), Vitamin B12: 0.61µg (10.12%), Iron: 1.67mg (9.3%), Vitamin D: 1.32µg (8.83%), Vitamin B5: 0.87mg (8.68%), Vitamin B3: 1.54mg (7.72%), Potassium: 250.84mg (7.17%), Vitamin C: 5.67mg (6.87%), Vitamin B6: 0.12mg (6.2%), Fiber: 1.47g (5.88%), Zinc: 0.84mg (5.62%), Copper: 0.11mg (5.58%), Magnesium: 20.23mg (5.06%), Vitamin E: 0.42mg (2.79%), Vitamin K: 1.53µg (1.46%)