



Cherry Clafouti

 Vegetarian

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 1 tablespoon butter
- ☐ 2 cups cherries black frozen thawed stemmed (12-ounce)
- ☐ 12 servings confectioners' sugar for serving
- ☐ 6 large eggs
- ☐ 0.7 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 1.3 cups milk

- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon vanilla extract

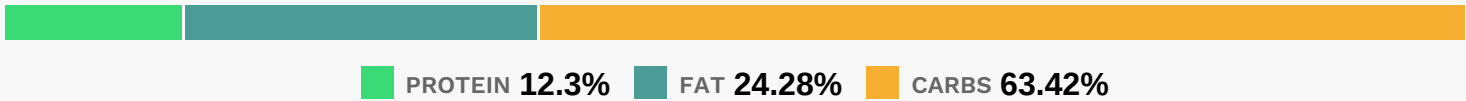
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender

Directions

- ☐ Preheat the oven to 40
- ☐ Generously coat a 10-inch cast iron skillet with the butter.
- ☐ Process the eggs and next 5 ingredients in a blender until well blended.
- ☐ Add the flour and process until smooth and well blended.
- ☐ Scatter the cherries in the prepared skillet and pour the batter over them.
- ☐ Bake until puffed and golden, about 30 minutes. Lightly dust with confectioners' sugar before serving, if desired.

Nutrition Facts



Properties

Glycemic Index:20.67, Glycemic Load:10.1, Inflammation Score:-4, Nutrition Score:4.7765217216119%

Flavonoids

Cyanidin: 5.59mg, Cyanidin: 5.59mg, Cyanidin: 5.59mg, Cyanidin: 5.59mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 165.32kcal (8.27%), Fat: 4.28g (6.59%), Saturated Fat: 1.88g (11.73%), Carbohydrates: 25.18g (8.39%), Net Carbohydrates: 24.72g (8.99%), Sugar: 19.07g (21.19%), Cholesterol: 98.56mg (32.85%), Sodium: 102.13mg (4.44%), Alcohol: 1.21g (100%), Alcohol %: 1.6% (100%), Protein: 4.88g (9.77%), Selenium: 10.62µg (15.17%), Vitamin B2: 0.2mg (11.48%), Phosphorus: 85.69mg (8.57%), Vitamin A: 425.58IU (8.51%), Folate: 25.87µg (6.47%), Vitamin B12: 0.36µg (6.03%), Vitamin B1: 0.08mg (5.61%), Vitamin B5: 0.53mg (5.35%), Vitamin D: 0.78µg (5.2%), Calcium: 49.64mg (4.96%), Iron: 0.83mg (4.59%), Manganese: 0.08mg (3.92%), Vitamin B6: 0.07mg (3.45%), Zinc: 0.5mg (3.32%), Potassium: 112.02mg (3.2%), Vitamin B3: 0.53mg (2.65%), Copper: 0.05mg (2.43%), Magnesium: 9.28mg (2.32%), Vitamin E: 0.32mg (2.12%), Vitamin C: 1.72mg (2.08%), Fiber: 0.46g (1.85%)