



Cherry Clafoutis

READY IN



45 min.

SERVINGS



6

CALORIES



343 kcal

DESSERT

Ingredients

- ☐ 0.3 cup all purpose flour
- ☐ 1 tablespoon butter at room temperature
- ☐ 1 cup cherries pitted
- ☐ 2 eggs at room temperature
- ☐ 0.8 cup heavy cream
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar plus more for the baking dish
- ☐ 1 teaspoon vanilla extract
- ☐ 6 servings whipped cream for serving

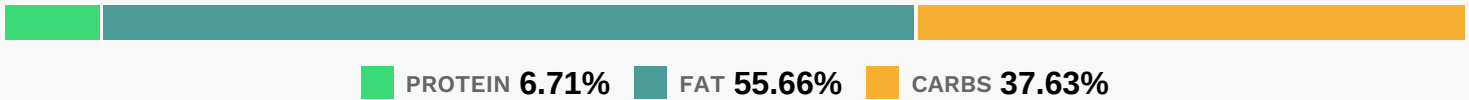
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk

Directions

- ☐ Make the batter: Sift the flour, sugar, and salt into a bowl. In a separate bowl, whisk the eggs and heavy cream until well blended.
- ☐ Add the egg mixture to the flour mixture and whisk until smooth.Preheat the oven to 350 degrees F. Grease an oval oven-proof dish or individual dishes, with the butter.
- ☐ Sprinkle the bottom and sides with sugar.
- ☐ Place the cherries in the oven-proof dish.
- ☐ Pour the batter over the cherries and place in the oven.
- ☐ Bake for 30 to 40 minutes or until the custard is firm.
- ☐ Remove from the oven and cool for 5 minutes before serving.
- ☐ Serve the clafoutis warm with a scoop of ice cream.

Nutrition Facts



Properties

Glycemic Index:46.35, Glycemic Load:18.62, Inflammation Score:-5, Nutrition Score:6.5182608936144%

Flavonoids

Cyanidin: 6.95mg, Cyanidin: 6.95mg, Cyanidin: 6.95mg, Cyanidin: 6.95mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg, Peonidin: 0.34mg Catechin: 1mg, Catechin: 1mg, Catechin: 1mg, Catechin: 1mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg, Epicatechin: 1.15mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg

Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 342.92kcal (17.15%), Fat: 21.41g (32.94%), Saturated Fat: 13g (81.24%), Carbohydrates: 32.57g (10.86%), Net Carbohydrates: 31.48g (11.45%), Sugar: 26.28g (29.19%), Cholesterol: 122.23mg (40.74%), Sodium: 103.37mg (4.49%), Alcohol: 0.23g (100%), Alcohol %: 0.19% (100%), Protein: 5.8g (11.61%), Vitamin B2: 0.32mg (18.69%), Vitamin A: 867.41IU (17.35%), Phosphorus: 126.65mg (12.66%), Selenium: 8.42µg (12.03%), Calcium: 116.82mg (11.68%), Vitamin B5: 0.76mg (7.56%), Vitamin B12: 0.44µg (7.33%), Potassium: 238.19mg (6.81%), Vitamin D: 0.9µg (6.01%), Vitamin B1: 0.09mg (5.74%), Folate: 21.9µg (5.48%), Zinc: 0.77mg (5.15%), Vitamin E: 0.7mg (4.66%), Fiber: 1.09g (4.34%), Magnesium: 16.89mg (4.22%), Vitamin B6: 0.08mg (4.04%), Iron: 0.68mg (3.75%), Manganese: 0.06mg (3.16%), Vitamin C: 2.18mg (2.65%), Copper: 0.05mg (2.57%), Vitamin B3: 0.45mg (2.27%), Vitamin K: 1.86µg (1.77%)