

Cherry Clafoutis



Vegetarian



Popular

READY IN



55 min.

SERVINGS



6

CALORIES



251 kcal

DESSERT

Ingredients

- ☐ 2 cups cherries fresh sweet pitted
- ☐ 2 tablespoons blanched slivered almonds
- ☐ 3 eggs
- ☐ 0.8 cup sugar
- ☐ 1 tablespoon brown sugar
- ☐ 0.5 cup flour all-purpose
- ☐ 0.1 teaspoon salt
- ☐ 1 cup milk whole 2% (or milk)

- ☐ 0.8 teaspoon almond extract (can sub 2 teaspoons of Amaretto)
- ☐ 1.5 teaspoons vanilla extract

Equipment

- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Butter and flour baking dish, scatter with cherries and slivered almonds: Preheat the oven to 350°F. Butter and lightly flour a 9X9 or 10X7 baking dish. Scatter the cherries and slivered almonds over the bottom of the dish.
- ☐ Make batter with eggs, sugar, salt, and flour:
- ☐ Whisk the eggs and sugars together until smooth.
- ☐ Whisk in the salt and flour until smooth.
- ☐ Add the milk, almond extract, and vanilla extract.
- ☐ Whisk until smooth.
- ☐ Pour batter into the baking dish over the cherries and slivered almonds.
- ☐ Bake at 350°F for 35–45 minutes or until lightly browned and a tester inserted into the center comes out clean. Check about halfway through the baking and if the top is getting well browned tent it loosely with aluminum foil.
- ☐ Remove from oven to cool: When you pull it put of the oven it will wiggle a bit which is normal.
- ☐ Place on a wire rack to cool. The clafoutis will have puffed up quite a bit and will deflate while cooling.
- ☐ Dust with powdered sugar: When cool dust the clafoutis with powdered sugar.
- ☐ Serve.

Nutrition Facts



 PROTEIN **10.04%**  FAT **19.17%**  CARBS **70.79%**

Properties

Glycemic Index:34.18, Glycemic Load:25.33, Inflammation Score:-3, Nutrition Score:6.8156522201455%

Flavonoids

Cyanidin: 13.9mg, Cyanidin: 13.9mg, Cyanidin: 13.9mg, Cyanidin: 13.9mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 250.59kcal (12.53%), Fat: 5.42g (8.34%), Saturated Fat: 1.61g (10.07%), Carbohydrates: 45.04g (15.01%), Net Carbohydrates: 43.46g (15.8%), Sugar: 35.19g (39.1%), Cholesterol: 86.72mg (28.91%), Sodium: 96.93mg (4.21%), Alcohol: 0.52g (100%), Alcohol %: 0.43% (100%), Protein: 6.39g (12.77%), Selenium: 11.34µg (16.2%), Vitamin B2: 0.25mg (14.89%), Phosphorus: 121.75mg (12.17%), Manganese: 0.18mg (8.9%), Vitamin B1: 0.13mg (8.82%), Folate: 32.9µg (8.22%), Calcium: 79.85mg (7.99%), Vitamin E: 1.08mg (7.21%), Vitamin B12: 0.42µg (6.92%), Potassium: 231.98mg (6.63%), Iron: 1.17mg (6.51%), Vitamin B5: 0.64mg (6.4%), Fiber: 1.58g (6.31%), Magnesium: 24.17mg (6.04%), Vitamin D: 0.89µg (5.92%), Copper: 0.1mg (4.84%), Vitamin B6: 0.09mg (4.72%), Zinc: 0.66mg (4.4%), Vitamin B3: 0.87mg (4.35%), Vitamin A: 214.35IU (4.29%), Vitamin C: 3.22mg (3.9%), Vitamin K: 1.19µg (1.13%)