



## Chocolate-Cherry Clafouti

READY IN



60 min.

SERVINGS



8

CALORIES



234 kcal

DESSERT

### Ingredients

- 4 eggs
- 0.3 cup flour
- 1 cup milk
- 3 oz baker's semi-sweet chocolate chopped
- 0.7 cup sugar
- 2 cups cherries dark fresh sweet pitted halved
- 1 tsp vanilla
- 1 cup cool whip whipped topping thawed

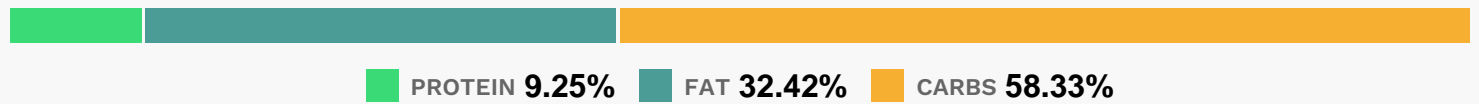
# Equipment

- oven
- blender

# Directions

- Heat oven to 375F.
- Blend first 5 ingredients in blender 30 sec. or until well blended.
- Place cherries in 9-inch pie plate sprayed with cooking spray; cover with batter. Top with chocolate.
- Bake 40 to 45 min. or until center is set and top is puffed and golden brown. Cool slightly.
- Serve topped with COOL WHIP.

# Nutrition Facts



# Properties

Glycemic Index:25.64, Glycemic Load:15.39, Inflammation Score:-2, Nutrition Score:6.1417391559352%

# Flavonoids

Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg, Cyanidin: 10.42mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg, Peonidin: 0.52mg Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg, Catechin: 1.5mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 1.73mg, Epicatechin: 1.73mg, Epicatechin: 1.73mg 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: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

# Nutrients (% of daily need)

Calories: 233.95kcal (11.7%), Fat: 8.53g (13.12%), Saturated Fat: 4.68g (29.23%), Carbohydrates: 34.54g (11.51%), Net Carbohydrates: 32.85g (11.95%), Sugar: 28.79g (31.99%), Cholesterol: 86.33mg (28.78%), Sodium: 50.94mg (2.21%), Alcohol: 0.18g (100%), Alcohol %: 0.18% (100%), Caffeine: 9.14mg (3.05%), Protein: 5.47g (10.95%), Selenium: 9.88µg (14.11%), Phosphorus: 120.44mg (12.04%), Vitamin B2: 0.19mg (11.21%), Manganese: 0.2mg (10.05%), Copper: 0.18mg

(8.88%), Iron: 1.38mg (7.67%), Magnesium: 30.38mg (7.6%), Calcium: 68.38mg (6.84%), Fiber: 1.68g (6.72%), Vitamin B12: 0.4µg (6.64%), Potassium: 227.74mg (6.51%), Vitamin B5: 0.57mg (5.69%), Vitamin D: 0.78µg (5.17%), Zinc: 0.75mg (5.02%), Folate: 19.15µg (4.79%), Vitamin B1: 0.07mg (4.75%), Vitamin A: 202.54IU (4.05%), Vitamin B6: 0.08mg (4.01%), Vitamin C: 2.41mg (2.93%), Vitamin E: 0.38mg (2.55%), Vitamin B3: 0.43mg (2.16%), Vitamin K: 1.96µg (1.87%)