



Chocolate Raspberry Clafoutis

READY IN



1500 min.

SERVINGS



6

CALORIES



345 kcal

DESSERT

Ingredients

- 3 ounces bittersweet chocolate coarsely chopped
- 0.5 cup t brown sugar dark packed
- 3 large eggs
- 0.3 cup flour all-purpose
- 1 tablespoon granulated sugar
- 2.8 cups raspberries fresh
- 0.3 teaspoon salt
- 0.5 stick butter unsalted melted
- 2 tablespoons cocoa powder unsweetened

1 cup milk whole

Equipment

oven

blender

baking pan

Directions

Preheat oven to 400°F with rack in middle. Butter a 1 1/2-quarts shallow baking dish.

Toss berries with granulated sugar and let stand 15 minutes.

Blend milk, butter, eggs, brown sugar, flour, cocoa, and salt in a blender until smooth. Scatter berries (with juices) evenly in baking dish, then pour batter over top.

Bake until slightly puffed and firm to the touch, about 35 minutes.

Remove from oven and immediately sprinkle with chopped chocolate. Cool to warm, about 20 minutes.

Serve warm or at room temperature.

Nutrition Facts



PROTEIN 8.08% **FAT 44.19%** **CARBS 47.73%**

Properties

Glycemic Index:34.85, Glycemic Load:6.72, Inflammation Score:-5, Nutrition Score:11.661304308021%

Flavonoids

Cyanidin: 25.17mg, Cyanidin: 25.17mg, Cyanidin: 25.17mg, Cyanidin: 25.17mg Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg, Petunidin: 0.17mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.54mg, Pelargonidin: 0.54mg, Pelargonidin: 0.54mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg, Epicatechin: 5.21mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 344.78kcal (17.24%), Fat: 17.41g (26.78%), Saturated Fat: 9.65g (60.34%), Carbohydrates: 42.3g (14.1%), Net Carbohydrates: 36.79g (13.38%), Sugar: 29.52g (32.8%), Cholesterol: 118.98mg (39.66%), Sodium: 156.49mg (6.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.02mg (5.34%), Protein: 7.16g (14.31%), Manganese: 0.69mg (34.43%), Fiber: 5.51g (22.05%), Selenium: 12.67µg (18.1%), Vitamin C: 14.41mg (17.47%), Phosphorus: 166.1mg (16.61%), Copper: 0.33mg (16.42%), Magnesium: 56.61mg (14.15%), Vitamin B2: 0.24mg (14.12%), Iron: 2.4mg (13.34%), Calcium: 107.29mg (10.73%), Folate: 37.01µg (9.25%), Vitamin A: 461.44IU (9.23%), Potassium: 318.39mg (9.1%), Zinc: 1.27mg (8.48%), Vitamin B5: 0.83mg (8.28%), Vitamin B12: 0.48µg (8.06%), Vitamin B1: 0.11mg (7.41%), Vitamin D: 1.09µg (7.26%), Vitamin E: 1.07mg (7.13%), Vitamin K: 6.23µg (5.93%), Vitamin B6: 0.12mg (5.76%), Vitamin B3: 0.98mg (4.9%)