



WHATSheATE



Chocolate Raspberry Clafoutis

READY IN



1500 min.

SERVINGS



6

CALORIES



345 kcal

DESSERT

Ingredients

- ☐ 3 ounces bittersweet chocolate coarsely chopped
- ☐ 0.5 cup 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

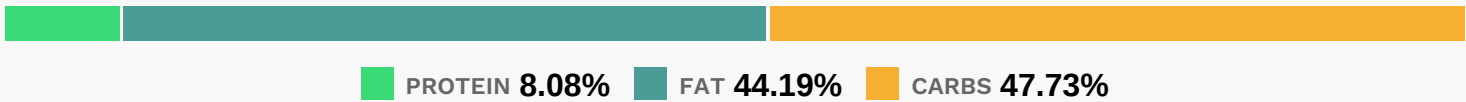
Equipment

- ☐ 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



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: Og (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%)