



Clafoutis with sour cherries

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



230 kcal

DESSERT

Ingredients

- 0.5 teaspoon almonds
- 1 tablespoon amaretto
- 400 grams cherries sour pitted
- 4 eggs
- 300 milliliters milk
- 100 grams flour plain sifted
- 8 servings salt
- 100 grams sugar

100 milliliters whipping cream

Equipment

oven

toothpicks

Directions

Beat eggs, sugar and salt for several minutes until the mixture becomes foamy and consistent, and sugar is dissolved.

Add the flour slowly and continue to beat the mixture..

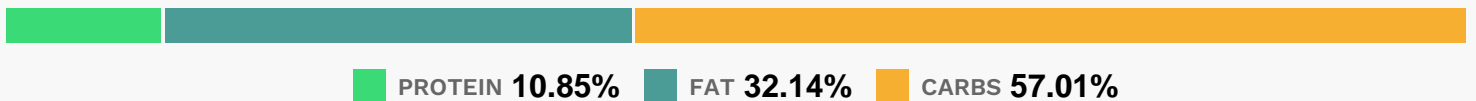
Add cream and milk slowly and continue to beat the mixture for a few more seconds until mixture is uniform and slightly thinner than the pancake batter.

Add Amaretto and almond extract.Stirr in sour cherries.

Pour the mixture into the lightly buttered ovenproof dish.

Bake the cake in preheated oven at 180C for 50 minutes or until done. The centre of the cake should be completely baked (the trick with a toothpick).Allow to cool down a little, serve warm or at room temperature, never too hot or too cold

Nutrition Facts



Properties

Glycemic Index:26.89, Glycemic Load:17.84, Inflammation Score:-4, Nutrition Score:6.7460869565217%

Flavonoids

Cyanidin: 15.11mg, Cyanidin: 15.11mg, Cyanidin: 15.11mg, Cyanidin: 15.11mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg, Peonidin: 0.75mg Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg, Catechin: 2.18mg Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg Epicatechin: 2.5mg, Epicatechin: 2.5mg, Epicatechin: 2.5mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 229.77kcal (11.49%), Fat: 8.26g (12.71%), Saturated Fat: 4.35g (27.19%), Carbohydrates: 32.97g (10.99%), Net Carbohydrates: 31.55g (11.47%), Sugar: 21.83g (24.26%), Cholesterol: 100.69mg (33.56%), Sodium: 243.65mg (10.59%), Alcohol: 0.49g (2.71%), Protein: 6.27g (12.55%), Selenium: 12.19µg (17.42%), Vitamin B2: 0.26mg (15.37%), Phosphorus: 115.23mg (11.52%), Vitamin B1: 0.15mg (9.68%), Folate: 35.83µg (8.96%), Vitamin A: 398.3IU (7.97%), Calcium: 77.5mg (7.75%), Vitamin D: 1.07µg (7.11%), Vitamin B12: 0.42µg (7.08%), Manganese: 0.14mg (6.76%), Vitamin B5: 0.67mg (6.69%), Iron: 1.18mg (6.53%), Potassium: 227.38mg (6.5%), Fiber: 1.42g (5.68%), Vitamin B6: 0.1mg (4.79%), Vitamin B3: 0.89mg (4.46%), Vitamin C: 3.58mg (4.33%), Magnesium: 17.15mg (4.29%), Zinc: 0.61mg (4.03%), Copper: 0.07mg (3.5%), Vitamin E: 0.47mg (3.15%), Vitamin K: 1.67µg (1.59%)