



## Cranberry Clafouti

 Vegetarian

READY IN



65 min.

SERVINGS



6

CALORIES



294 kcal

DESSERT

### Ingredients

- 1 tablespoon butter unsalted for dish room temperature
- 0.5 cup granulated sugar
- 0.3 cup flour all-purpose
- 1 inch salt
- 2 large eggs
- 1 cup heavy whipping cream chilled
- 0.8 cup milk whole
- 2 teaspoons orange zest finely grated

- 1.5 cups cranberries fresh frozen thawed coarsely chopped
- 1 serving powdered sugar for garnish

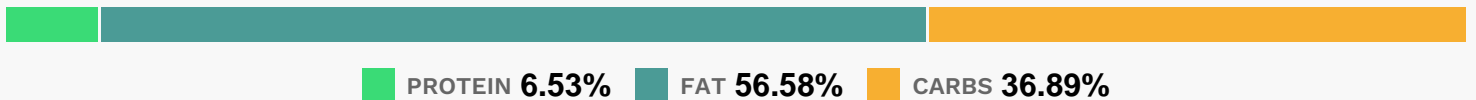
## Equipment

- bowl
- oven
- whisk
- wire rack
- baking pan
- pastry brush

## Directions

- Preheat oven to 400 degrees. Butter a 1-quart baking dish (not metal) using a pastry brush; sprinkle 2 tablespoons granulated sugar over bottom. Sift remaining 1/2 cup granulated sugar, the flour, and salt into a large bowl. Gradually whisk in eggs, 3/4 cup cream, the milk, and zest.
- Scatter cranberries into dish; pour batter over top.
- Bake until puffed, slightly set, and brown around edges, 32 to 34 minutes.
- Let cool on a wire rack for 15 minutes (it will sink).
- Whisk remaining 1/4 cup cream until soft peaks form. Dust clafouti with confectioners' sugar.
- Serve with whipped cream.

## Nutrition Facts



## Properties

Glycemic Index:38.02, Glycemic Load:16, Inflammation Score:-5, Nutrition Score:5.9817391685818%

## Flavonoids

Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg, Cyanidin: 11.61mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg,

Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg, Myricetin: 1.66mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

## **Nutrients (% of daily need)**

Calories: 294.19kcal (14.71%), Fat: 18.91g (29.09%), Saturated Fat: 11.42g (71.38%), Carbohydrates: 27.74g (9.25%), Net Carbohydrates: 26.63g (9.68%), Sugar: 21.71g (24.12%), Cholesterol: 115.5mg (38.5%), Sodium: 53.5mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.82%), Vitamin A: 798.62IU (15.97%), Vitamin B2: 0.23mg (13.43%), Selenium: 8.81µg (12.59%), Phosphorus: 95.89mg (9.59%), Vitamin D: 1.34µg (8.92%), Calcium: 77.63mg (7.76%), Manganese: 0.13mg (6.63%), Vitamin B12: 0.38µg (6.34%), Vitamin E: 0.94mg (6.29%), Vitamin B5: 0.57mg (5.73%), Vitamin C: 4.64mg (5.63%), Vitamin B1: 0.08mg (5.1%), Folate: 19.47µg (4.87%), Fiber: 1.11g (4.45%), Vitamin B6: 0.08mg (3.93%), Potassium: 134.34mg (3.84%), Iron: 0.65mg (3.59%), Zinc: 0.5mg (3.33%), Magnesium: 11.28mg (2.82%), Vitamin K: 2.84µg (2.7%), Vitamin B3: 0.41mg (2.05%), Copper: 0.04mg (2.02%)