



Creamy Dairy-Free Kiwi-Apple Clafoutis



Vegetarian



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



493 kcal

DESSERT

Ingredients

- ☐ 3.3 cups coconut milk
- ☐ 2 tbsp cranberries fresh
- ☐ 5.5 tbsp pale muscovado sugar
- ☐ 3 small eggs
- ☐ 5 kiwi fruit peeled sliced into rounds
- ☐ 2 large tart cooking apples cored sliced
- ☐ 6 servings currants red

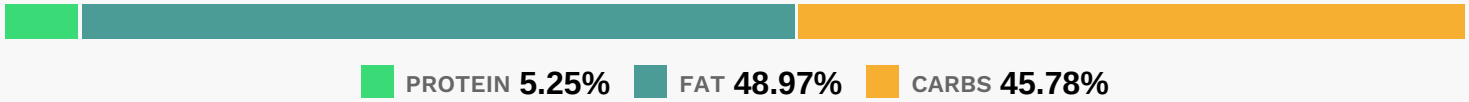
Equipment

- ☐ bowl
- ☐ oven

Directions

- ☐ Heat the oven to 170C/ 325F/Gas Mark 31/
- ☐ Lay the sliced apple out in a flan dish and cover it with the sliced kiwi fruit.
- ☐ Sprinkle over the loose fruit.In a bowl beat the eggs with the agave syrup or sugar and the coconut milk.
- ☐ Pour this over the fruit and bake, uncovered, for 40 minutes or until the custard is set.
- ☐ Serve hot, warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.94, Glycemic Load:17.6, Inflammation Score:-8, Nutrition Score:21.247391037319%

Flavonoids

Cyanidin: 13.72mg, Cyanidin: 13.72mg, Cyanidin: 13.72mg, Cyanidin: 13.72mg Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg, Petunidin: 46.66mg Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg, Delphinidin: 52.44mg Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg, Malvidin: 100.03mg Peonidin: 30.04mg, Peonidin: 30.04mg, Peonidin: 30.04mg, Peonidin: 30.04mg Catechin: 8.8mg, Catechin: 8.8mg, Catechin: 8.8mg, Catechin: 8.8mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 6.72mg, Epicatechin: 6.72mg, Epicatechin: 6.72mg, Epicatechin: 6.72mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg, Luteolin: 0.95mg Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg, Kaempferol: 3.34mg Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg, Myricetin: 2.04mg Quercetin: 14.59mg, Quercetin: 14.59mg, Quercetin: 14.59mg, Quercetin: 14.59mg Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg, Gallocatechin: 0.18mg

Nutrients (% of daily need)

Calories: 492.53kcal (24.63%), Fat: 28.92g (44.49%), Saturated Fat: 23.84g (148.99%), Carbohydrates: 60.84g (20.28%), Net Carbohydrates: 52.97g (19.26%), Sugar: 43.66g (48.51%), Cholesterol: 70.68mg (23.56%), Sodium: 52.24mg (2.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.96%), Vitamin C: 75.66mg (91.71%), Manganese: 1.56mg (78.17%), Vitamin K: 61.2µg (58.28%), Fiber: 7.88g (31.5%), Iron: 5.16mg (28.64%), Copper:

0.5mg (25.05%), Magnesium: 84.51mg (21.13%), Phosphorus: 207.7mg (20.77%), Potassium: 656.26mg (18.75%), Vitamin E: 2.27mg (15.12%), Folate: 57.01µg (14.25%), Vitamin B6: 0.23mg (11.33%), Vitamin B2: 0.19mg (11.01%), Vitamin B3: 1.8mg (9%), Selenium: 6.29µg (8.99%), Zinc: 1.31mg (8.74%), Vitamin B5: 0.87mg (8.72%), Calcium: 82.14mg (8.21%), Vitamin B1: 0.12mg (8.2%), Vitamin A: 288.64IU (5.77%), Vitamin B12: 0.17µg (2.82%), Vitamin D: 0.38µg (2.53%)