



Double Berry Delight Almond Clafouti

 Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



287 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 2 tablespoons almonds sliced
- ☐ 1 cup blackberries fresh dry rinsed
- ☐ 1 tablespoon brown sugar
- ☐ 1 cup so delicious dairy free original almond plus almondmilk
- ☐ 6 servings so delicious dairy free vanilla almond milk dessert frozen
- ☐ 3 large eggs
- ☐ 0.5 cup flour

- ☐ 1 teaspoon orange zest grated
- ☐ 1 cup raspberries fresh dry rinsed
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar
- ☐ 2 tablespoons confectioner's sugar
- ☐ 1.5 teaspoons vanilla extract

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 350°F and spray a 2-quart oval or rectangular glass baking dish with non-stick cooking spray.
- ☐ Place the raspberries and blackberries in the bottom of the dish and sprinkle with the sliced almonds. In a large bowl, combine the eggs, orange zest, sugar, brown sugar, flour and salt and whisk well to combine.
- ☐ Pour in the So Delicious Original Almond Plus almond milk, almond extract and vanilla extract and whisk until well combined and smooth. Carefully pour into prepared pan over berries and almonds.
- ☐ Bake immediately in the preheated oven for 40 – 45 minutes, or until a toothpick inserted in the center comes out clean, the top is lightly browned and clafouti is puffy.
- ☐ Remove from oven and place dish on a wire rack to cool for 30 – 45 minutes. Clafouti will deflate as it cools. When cooled, dust the top with the confectioner's sugar.
- ☐ Serve with a scoop of So Delicious Vanilla Almond Milk Dairy Free Frozen Dessert. Enjoy!

Nutrition Facts

PROTEIN 9.18% FAT 16.39% CARBS 74.43%

Properties

Glycemic Index:57.17, Glycemic Load:32.79, Inflammation Score:-5, Nutrition Score:10.38956532271%

Flavonoids

Cyanidin: 33.22mg, Cyanidin: 33.22mg, Cyanidin: 33.22mg, Cyanidin: 33.22mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg, Delphinidin: 0.26mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 9.2mg, Catechin: 9.2mg, Catechin: 9.2mg, Catechin: 9.2mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg, Epicatechin: 1.84mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 286.85kcal (14.34%), Fat: 5.31g (8.18%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 54.3g (18.1%), Net Carbohydrates: 50.84g (18.49%), Sugar: 42.69g (47.43%), Cholesterol: 93mg (31%), Sodium: 105.84mg (4.6%), Alcohol: 0.4g (100%), Alcohol %: 0.31% (100%), Protein: 6.7g (13.4%), Manganese: 0.45mg (22.44%), Selenium: 12.66µg (18.08%), Vitamin B2: 0.31mg (18.02%), Vitamin E: 2.59mg (17.29%), Vitamin C: 13.64mg (16.53%), Folate: 55.51µg (13.88%), Fiber: 3.47g (13.87%), Vitamin B3: 2.37mg (11.83%), Vitamin B12: 0.66µg (10.97%), Calcium: 95.68mg (9.57%), Vitamin B1: 0.14mg (9.02%), Copper: 0.18mg (8.96%), Phosphorus: 88.08mg (8.81%), Iron: 1.57mg (8.7%), Vitamin B6: 0.17mg (8.28%), Vitamin A: 352.9IU (7.06%), Vitamin D: 0.98µg (6.56%), Vitamin K: 6.42µg (6.11%), Magnesium: 23.89mg (5.97%), Vitamin B5: 0.58mg (5.81%), Potassium: 201.88mg (5.77%), Zinc: 0.81mg (5.43%)