

# Far Breton

 Vegetarian

READY IN



55 min.

SERVINGS



8

CALORIES



295 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon double-acting baking powder
- 4 eggs
- 1 cup flour all-purpose
- 9 ounces prune- cut to pieces pitted
- 2 tablespoons rum
- 1 pinch salt
- 1 tablespoon tsp vanilla sugar
- 0.6 cup sugar white

3 cups milk whole

## Equipment

bowl

sauce pan

oven

whisk

baking pan

wooden spoon

## Directions

Preheat the oven to 450 degrees F (230 degrees C). Grease a shallow 2 quart baking dish.

Place the pitted prunes in a saucepan with enough water to cover. Bring to a simmer, and cook until the prunes are tender but still hold their shape, about 10 minutes.

Drain the prunes and arrange them in the bottom of the prepared baking dish.

Whisk together the flour, white sugar, vanilla sugar, baking powder, and salt in a large bowl.

Whisk in the eggs one at a time, beating well after each addition. Gradually pour in the milk, stirring vigorously with a wooden spoon until combined. Stir in the rum.

Pour the batter evenly over the prunes.

Bake in the preheated oven for 10 minutes. Reduce the oven temperature to 400 degrees F, and bake until the filling is firm, has risen a little, and the top is browned, about 30 minutes.

Serve warm or at room temperature.

## Nutrition Facts



**PROTEIN 10.92%** **FAT 16.25%** **CARBS 72.83%**

## Properties

Glycemic Index:48.65, Glycemic Load:27.58, Inflammation Score:-5, Nutrition Score:10.456521707384%

## Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

## Nutrients (% of daily need)

Calories: 294.64kcal (14.73%), Fat: 5.35g (8.23%), Saturated Fat: 2.44g (15.27%), Carbohydrates: 53.93g (17.98%), Net Carbohydrates: 51.24g (18.63%), Sugar: 33.77g (37.52%), Cholesterol: 92.82mg (30.94%), Sodium: 125.01mg (5.44%), Alcohol: 1.25g (100%), Alcohol %: 0.87% (100%), Protein: 8.08g (16.17%), Vitamin B2: 0.37mg (21.57%), Selenium: 13.99µg (19.98%), Phosphorus: 185.96mg (18.6%), Vitamin K: 19.36µg (18.44%), Calcium: 170.48mg (17.05%), Vitamin B1: 0.2mg (13.28%), Potassium: 418.31mg (11.95%), Vitamin B12: 0.69µg (11.5%), Fiber: 2.69g (10.75%), Manganese: 0.21mg (10.66%), Vitamin A: 516.12IU (10.32%), Folate: 40.21µg (10.05%), Vitamin D: 1.45µg (9.64%), Vitamin B5: 0.88mg (8.82%), Vitamin B6: 0.17mg (8.28%), Iron: 1.47mg (8.18%), Vitamin B3: 1.64mg (8.18%), Magnesium: 30.27mg (7.57%), Copper: 0.13mg (6.55%), Zinc: 0.91mg (6.08%), Vitamin E: 0.42mg (2.82%)