



Far Breton

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



317 kcal

SIDE DISH

Ingredients

- 0.8 cup flour
- 3 large eggs
- 8 servings powdered sugar
- 6 ounces prune- cut to pieces pitted
- 0.3 cup raisins
- 0.1 teaspoon salt
- 0.5 cup sugar
- 5 tablespoons butter unsalted cooled melted

- 0.3 teaspoon vanilla extract
- 0.5 cup water
- 2 cups milk whole

Equipment

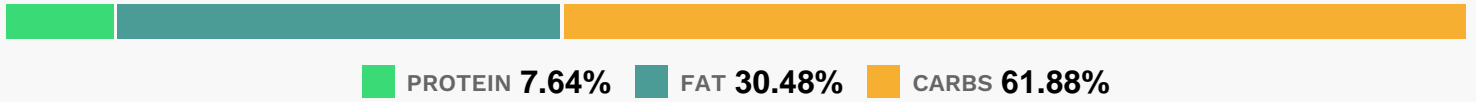
- bowl
- frying pan
- baking sheet
- sauce pan
- oven
- knife
- blender
- cake form

Directions

- Combine milk, eggs, 1/2 cup sugar, butter, vanilla, and salt in blender jar. Blend 1 minute.
- Add flour and pulse just until blended, scraping down sides of jar. Cover and chill in jar at least 3 hours and up to 1 day.
- Combine prunes, 1/2 cup water, and raisins in heavy small saucepan. Cook over medium heat until fruit is softened and water is almost evaporated, stirring occasionally, about 10 minutes. Turn off heat.
- Pour brandy over fruit. Using long match, ignite brandy.
- Let flames burn off, shaking pan occasionally.
- Transfer fruit to small bowl. Cool completely. (Can be made 1 day ahead. Cover and let stand at room temperature.)
- Position rack in center of oven and preheat to 375°F. Butter 8-inch-diameter cake pan with 2-inch-high sides. Line bottom with parchment or waxed paper. Butter paper. Dust pan with flour, shaking out excess; place on baking sheet.
- Reblend batter until smooth, about 5 seconds.
- Pour into prepared cake pan. Drop prunes and raisins into batter, distributing evenly.

- Bake cake on baking sheet until sides are puffed and brown and knife inserted into center comes out clean, about 1 hour. Cool cake completely in pan on rack.
- Place piece of parchment or waxed paper on flat plate. Sift powdered sugar onto paper. Run knife around cake in pan to loosen. Invert pan onto paper, releasing cake.
- Remove pan; peel off paper.
- Place serving plate over cake and invert. Dust top of cake with additional powdered sugar.

Nutrition Facts



Properties

Glycemic Index:33.86, Glycemic Load:22.33, Inflammation Score:-4, Nutrition Score:8.1973913052808%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 317.32kcal (15.87%), Fat: 11.1g (17.08%), Saturated Fat: 6.26g (39.15%), Carbohydrates: 50.71g (16.9%), Net Carbohydrates: 48.47g (17.63%), Sugar: 31.46g (34.95%), Cholesterol: 95.88mg (31.96%), Sodium: 90.49mg (3.93%), Alcohol: 0.04g (100%), Alcohol %: 0.03% (100%), Protein: 6.26g (12.53%), Vitamin B2: 0.29mg (16.78%), Selenium: 11.2µg (16%), Phosphorus: 132.7mg (13.27%), Vitamin K: 13.54µg (12.89%), Vitamin A: 584.79IU (11.7%), Vitamin B1: 0.15mg (10.11%), Calcium: 100.91mg (10.09%), Potassium: 338.1mg (9.66%), Fiber: 2.24g (8.95%), Vitamin B12: 0.51µg (8.52%), Manganese: 0.17mg (8.44%), Folate: 31.55µg (7.89%), Vitamin D: 1.18µg (7.85%), Iron: 1.24mg (6.89%), Vitamin B5: 0.67mg (6.68%), Vitamin B6: 0.13mg (6.47%), Vitamin B3: 1.24mg (6.21%), Magnesium: 23.02mg (5.75%), Copper: 0.11mg (5.71%), Zinc: 0.69mg (4.6%), Vitamin E: 0.53mg (3.53%)