

Fig Clafouti

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



203 kcal

DESSERT

Ingredients

- ☐ 3 large eggs lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 0.5 pound figs fresh quartered 18
- ☐ 0.1 teaspoon ground cloves
- ☐ 2 cups milk 2% reduced-fat
- ☐ 0.5 teaspoon orange rind grated
- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup sugar

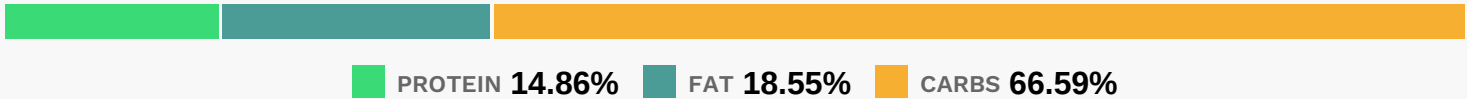
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ measuring cup

Directions

- ☐ Preheat oven to 37
- ☐ Place figs in a 10-inch deep-dish pie plate coated with cooking spray. Lightly spoon flour into dry measuring cups; level with a knife.
- ☐ Combine flour, sugar, salt, and cloves in a bowl. Gradually add half of milk, stirring with a whisk. Stir in remaining milk, rind, and eggs.
- ☐ Pour batter over figs.
- ☐ Bake at 375 for 1 hour or until set; cool.

Nutrition Facts



Properties

Glycemic Index:34.35, Glycemic Load:20.14, Inflammation Score:-3, Nutrition Score:8.0234781503677%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg, Quercetin: 2.07mg

Nutrients (% of daily need)

Calories: 202.98kcal (10.15%), Fat: 4.24g (6.53%), Saturated Fat: 1.82g (11.37%), Carbohydrates: 34.27g (11.42%), Net Carbohydrates: 32.72g (11.9%), Sugar: 21.37g (23.74%), Cholesterol: 99.29mg (33.1%), Sodium: 170.29mg (7.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.3%), Selenium: 15.09µg (21.55%), Vitamin B2: 0.36mg (21.07%), Phosphorus: 144.12mg (14.41%), Calcium: 124.68mg (12.47%), Vitamin B1: 0.19mg (12.42%), Folate: 46.61µg

(11.65%), Vitamin B12: 0.64µg (10.66%), Manganese: 0.2mg (9.94%), Vitamin B5: 0.85mg (8.46%), Iron: 1.33mg (7.39%), Potassium: 250.07mg (7.14%), Fiber: 1.55g (6.2%), Vitamin B6: 0.12mg (6.12%), Vitamin B3: 1.17mg (5.83%), Zinc: 0.87mg (5.79%), Magnesium: 21.66mg (5.42%), Vitamin A: 269.68IU (5.39%), Copper: 0.07mg (3.64%), Vitamin D: 0.5µg (3.33%), Vitamin E: 0.34mg (2.27%), Vitamin K: 2.11µg (2.01%), Vitamin C: 1.14mg (1.38%)