



WHATSHEATE

Fig Clafouti: Straddling the Pancake/Pudding Divide



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



598 kcal

DESSERT

Ingredients

- ☐ 6 servings baking mix
- ☐ 1.5 teaspoons double-acting baking powder
- ☐ 8 ounces figs dried stemmed coarsely chopped
- ☐ 3 large eggs
- ☐ 1.5 cups flour
- ☐ 1 cup half and half
- ☐ 1 teaspoon salt

- ☐ 0.8 cups sugar
- ☐ 2 tablespoons butter unsalted melted plus more for the pan

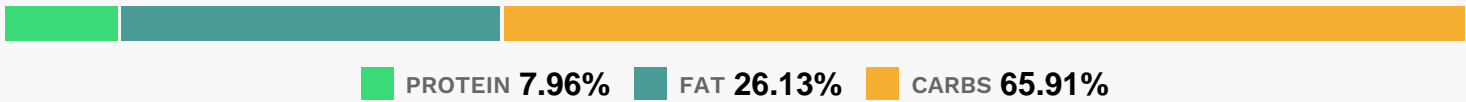
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ cake form

Directions

- ☐ Make Everyday Baking
- ☐ Combine all ingredients in a large bowl.
- ☐ Whisk well.
- ☐ Preheat oven to 350°F. Butter a 9-inch baking dish or cake pan. In a small bowl, toss the figs with 1/4 cup of the baking mix.
- ☐ In a large bowl, whisk together the eggs, half-and-half, melted butter, and remaining cup of baking mix.
- ☐ Add figs and stir until just combined.
- ☐ Pour batter into pan and place pan on a baking sheet.
- ☐ Bake until center of clafouti is set, about 30 minutes.
- ☐ Let cool until barely warm. Dust with confectioners' sugar and serve.

Nutrition Facts



Properties

Glycemic Index:44.68, Glycemic Load:41.3, Inflammation Score:-6, Nutrition Score:16.8199999917694%

Nutrients (% of daily need)

Calories: 597.9kcal (29.89%), Fat: 17.69g (27.22%), Saturated Fat: 7.7g (48.15%), Carbohydrates: 100.41g (33.47%), Net Carbohydrates: 95.02g (34.55%), Sugar: 49.56g (55.07%), Cholesterol: 117.95mg (39.32%), Sodium: 1069.25mg (46.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.13g (24.26%), Phosphorus: 403.92mg (40.39%), Vitamin B1: 0.53mg (35.32%), Vitamin B2: 0.56mg (32.88%), Selenium: 22.99µg (32.84%), Folate: 123.69µg (30.92%), Manganese: 0.55mg (27.58%), Calcium: 255.05mg (25.5%), Iron: 3.91mg (21.72%), Fiber: 5.39g (21.56%), Vitamin B3: 3.96mg (19.8%), Potassium: 445.31mg (12.72%), Magnesium: 49.99mg (12.5%), Copper: 0.24mg (11.98%), Vitamin B5: 1.16mg (11.59%), Vitamin K: 9.52µg (9.06%), Vitamin A: 399.78IU (8%), Zinc: 1.2mg (7.97%), Vitamin B12: 0.46µg (7.72%), Vitamin B6: 0.15mg (7.35%), Vitamin E: 0.68mg (4.52%), Vitamin D: 0.57µg (3.8%), Vitamin C: 0.94mg (1.14%)