



Fresh Cherry Clafouti with Almonds



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



305 kcal

DESSERT

Ingredients

- ☐ 1 ounce almonds toasted roughly chopped
- ☐ 2 ounce cherries dried sour roughly chopped
- ☐ 12 ounce cherries fresh pitted halved
- ☐ 0.8 cup crème fraîche plus more for serving
- ☐ 1 large egg yolk
- ☐ 2 large eggs
- ☐ 0.5 cup granulated sugar
- ☐ 0.8 cup half and half

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon butter unsalted for dish
- ☐ 2 teaspoon vanilla extract

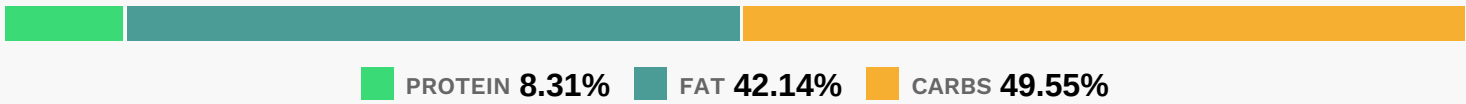
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ baking pan

Directions

- ☐ Place the oven rack in the center position and p reheat oven to 375 degrees F. Butter a 9-inch baking dish or pie plate that is about 1 ¼ inches deep. Coat with turbinado sugar; tap out excess.
- ☐ Whisk eggs, yolk, and flour in a medium bowl; whisk in creme fraiche, milk, granulated sugar, vanilla, and salt.
- ☐ Spread the chopped dried cherries and chopped almonds on the bottom of the turbinado lined dish. Arrange fresh cherries on top. Strain batter through a fine meshed sieve over cherries.
- ☐ Bake until browned around edges and set in the center, 35 to 40 minutes.
- ☐ Let cool slightly, and serve warm with creme fraiche.

Nutrition Facts



Properties

Glycemic Index:17.02, Glycemic Load:13.41, Inflammation Score:-5, Nutrition Score:7.2226087736047%

Flavonoids

Cyanidin: 17.25mg, Cyanidin: 17.25mg, Cyanidin: 17.25mg, Cyanidin: 17.25mg Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg, Pelargonidin: 0.15mg Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg, Peonidin: 0.85mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg, Epicatechin: 2.86mg Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg, Epicatechin 3–gallate: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 304.6kcal (15.23%), Fat: 14.59g (22.45%), Saturated Fat: 6.45g (40.32%), Carbohydrates: 38.6g (12.87%), Net Carbohydrates: 35.93g (13.07%), Sugar: 33.45g (37.17%), Cholesterol: 121.94mg (40.65%), Sodium: 248.18mg (10.79%), Alcohol: 0.46g (100%), Alcohol %: 0.34% (100%), Protein: 6.48g (12.95%), Vitamin B2: 0.28mg (16.2%), Vitamin A: 809.68IU (16.19%), Phosphorus: 129.57mg (12.96%), Selenium: 9.04µg (12.91%), Vitamin E: 1.7mg (11.34%), Fiber: 2.67g (10.68%), Calcium: 103.85mg (10.39%), Manganese: 0.16mg (8.13%), Potassium: 265.59mg (7.59%), Magnesium: 27.26mg (6.81%), Vitamin B5: 0.66mg (6.61%), Vitamin C: 4.5mg (5.45%), Vitamin B12: 0.32µg (5.38%), Copper: 0.11mg (5.37%), Iron: 0.96mg (5.31%), Vitamin B6: 0.1mg (4.99%), Folate: 18.97µg (4.74%), Zinc: 0.69mg (4.57%), Vitamin B1: 0.05mg (3.44%), Vitamin D: 0.5µg (3.33%), Vitamin K: 2.14µg (2.04%), Vitamin B3: 0.34mg (1.69%)