



Fruit & almond clafoutis

 Vegetarian

READY IN



40 min.

SERVINGS



6

CALORIES



455 kcal

DESSERT

Ingredients

- ☐ 6 servings cooking oil softened for greasing
- ☐ 400 g blackberries mixed
- ☐ 50 g almond flour
- ☐ 2 tbsp flour plain
- ☐ 100 g brown sugar
- ☐ 2 eggs
- ☐ 2 egg yolk
- ☐ 250 ml double cream

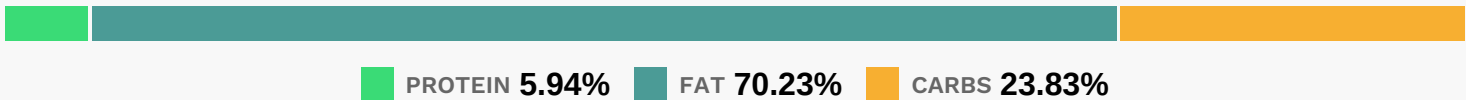
Equipment

- ☐ oven
- ☐ blender

Directions

- ☐ Heat oven to 190C/fan 170C/gas
- ☐ Oil or butter a 23cm flan dish or tin (not loose-bottomed) and scatter the berries over the base.
- ☐ Whizz all the batter ingredients in a blender until smooth, pour it over the fruits and bake for 20-25 mins until risen and golden brown.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.67, Glycemic Load:2.1, Inflammation Score:-7, Nutrition Score:10.697826105615%

Flavonoids

Cyanidin: 66.63mg, Cyanidin: 66.63mg, Cyanidin: 66.63mg, Cyanidin: 66.63mg Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg, Pelargonidin: 0.3mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 24.71mg, Catechin: 24.71mg, Catechin: 24.71mg, Catechin: 24.71mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.11mg, Epicatechin: 3.11mg, Epicatechin: 3.11mg, Epicatechin: 3.11mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 454.75kcal (22.74%), Fat: 36.59g (56.3%), Saturated Fat: 12.01g (75.05%), Carbohydrates: 27.94g (9.31%), Net Carbohydrates: 23.46g (8.53%), Sugar: 21.03g (23.37%), Cholesterol: 166.72mg (55.57%), Sodium: 40.41mg (1.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.96g (13.93%), Vitamin E: 3.93mg (26.17%), Vitamin K: 24.62µg (23.44%), Manganese: 0.47mg (23.31%), Vitamin A: 924.54IU (18.49%), Fiber: 4.48g (17.94%), Vitamin C: 14.25mg (17.27%), Selenium: 10.43µg (14.91%), Vitamin B2: 0.21mg (12.19%), Folate: 38.74µg (9.68%), Phosphorus:

94.78mg (9.48%), Calcium: 94.66mg (9.47%), Vitamin D: 1.29µg (8.59%), Iron: 1.42mg (7.92%), Vitamin B5: 0.73mg (7.28%), Copper: 0.14mg (7.06%), Potassium: 199.44mg (5.7%), Zinc: 0.8mg (5.36%), Vitamin B12: 0.31µg (5.24%), Magnesium: 20.38mg (5.09%), Vitamin B6: 0.09mg (4.43%), Vitamin B1: 0.06mg (3.85%), Vitamin B3: 0.64mg (3.18%)