



Hollyhock Clafoutis

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



236 kcal

DESSERT

Ingredients

- ☐ 2 cups cherries
- ☐ 4 eggs
- ☐ 0.3 cup flour all-purpose
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 0.5 cup milk
- ☐ 1 pinch salt
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract pure

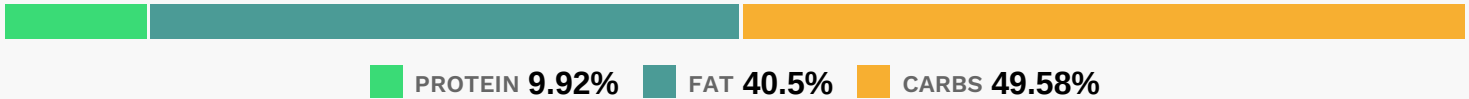
Equipment

- ☐ frying pan
- ☐ oven
- ☐ blender
- ☐ baking pan

Directions

- ☐ Preheat oven to 350°F. Butter a 9-inch glass or ceramic baking dish or an 8-inch square ceramic baking dish.
- ☐ Combine everything except cherries and hollyhock petals in a blender and process until fairly smooth. Make sure you scrape down the sides of the blender so the flour doesn't stick to the sides.
- ☐ Pour half the batter into the prepared pan.
- ☐ Sprinkle with cherries and half the hollyhock petals. Cover with the remaining batter. Top with the remaining hollyhock petals.
- ☐ Bake for about 45 minutes, or until puffed and brown; a tester inserted in the center should come out clean.

Nutrition Facts



Properties

Glycemic Index:34.18, Glycemic Load:16.28, Inflammation Score:-4, Nutrition Score:5.9591304271118%

Flavonoids

Cyanidin: 13.9mg, Cyanidin: 13.9mg, Cyanidin: 13.9mg, Cyanidin: 13.9mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg, Peonidin: 0.69mg Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg, Catechin: 2.01mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg, Epicatechin: 2.3mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg

Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 235.6kcal (11.78%), Fat: 10.8g (16.61%), Saturated Fat: 5.88g (36.77%), Carbohydrates: 29.74g (9.91%), Net Carbohydrates: 28.64g (10.41%), Sugar: 24.29g (26.98%), Cholesterol: 133.97mg (44.66%), Sodium: 61.53mg (2.68%), Alcohol: 0.23g (100%), Alcohol %: 0.21% (100%), Protein: 5.95g (11.9%), Selenium: 11.85µg (16.93%), Vitamin B2: 0.24mg (14.36%), Phosphorus: 105.44mg (10.54%), Vitamin A: 512.33IU (10.25%), Vitamin D: 1.13µg (7.52%), Vitamin B5: 0.69mg (6.91%), Vitamin B12: 0.4µg (6.71%), Folate: 25.95µg (6.49%), Calcium: 61.53mg (6.15%), Potassium: 198.84mg (5.68%), Vitamin B1: 0.08mg (5.36%), Iron: 0.95mg (5.28%), Vitamin B6: 0.09mg (4.71%), Fiber: 1.11g (4.43%), Vitamin C: 3.34mg (4.05%), Manganese: 0.08mg (3.96%), Zinc: 0.58mg (3.87%), Vitamin E: 0.54mg (3.57%), Magnesium: 13.63mg (3.41%), Copper: 0.06mg (3.01%), Vitamin B3: 0.44mg (2.19%), Vitamin K: 1.77µg (1.68%)