



Nectarine Clafouti

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



207 kcal

DESSERT

Ingredients

- ☐ 4 large eggs
- ☐ 0.5 cup yogurt plain fat-free
- ☐ 0.8 cup flour all-purpose
- ☐ 1.5 pounds nectarines coarsely chopped
- ☐ 1 cup vanilla soy milk
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla extract

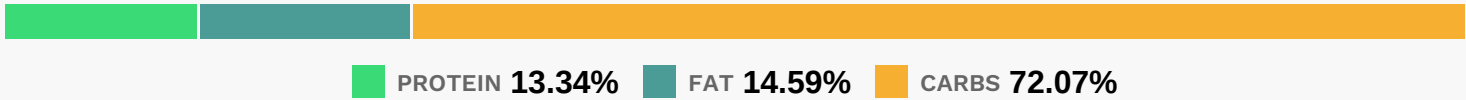
Equipment

- ☐ oven
- ☐ knife
- ☐ blender
- ☐ baking pan
- ☐ measuring cup

Directions

- ☐ Preheat oven to 40
- ☐ Lightly spoon flour into a dry measuring cup; level with a knife.
- ☐ Combine flour and next 5 ingredients (flour through eggs) in a blender; process until smooth. Chill 30 minutes.
- ☐ Arrange nectarines in a 13 x 9-inch baking dish coated with cooking spray.
- ☐ Pour batter over fruit.
- ☐ Bake at 400 35 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:27.69, Glycemic Load:22.67, Inflammation Score:-5, Nutrition Score:8.500434771828%

Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg, Catechin: 2.53mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 207.05kcal (10.35%), Fat: 3.41g (5.24%), Saturated Fat: 0.88g (5.5%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 36.15g (13.15%), Sugar: 27.53g (30.59%), Cholesterol: 93.31mg (31.1%), Sodium: 73.56mg (3.2%), Alcohol: 0.17g (100%), Alcohol %: 0.12% (100%), Protein: 7.01g (14.01%), Selenium: 12.99µg (18.56%), Vitamin B2: 0.29mg (17.28%), Vitamin B3: 2.66mg (13.28%), Folate: 49.58µg (12.39%), Phosphorus: 108.34mg (10.83%), Vitamin A: 534.37IU (10.69%), Vitamin B12: 0.63µg (10.58%), Vitamin B1: 0.16mg (10.44%), Vitamin E: 1.53mg (10.21%), Calcium: 89.47mg (8.95%), Iron: 1.4mg (7.8%), Vitamin B6: 0.15mg (7.29%), Copper: 0.14mg (7.24%), Vitamin B5: 0.69mg (6.9%), Potassium: 240.21mg (6.86%), Fiber: 1.71g (6.84%), Manganese: 0.14mg (6.78%), Vitamin C: 4.73mg

(5.73%), Vitamin D: 0.85µg (5.69%), Zinc: 0.8mg (5.37%), Magnesium: 16.2mg (4.05%), Vitamin K: 1.84µg (1.75%)