



Peach Melba Clafoutis

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



265 kcal

DESSERT

Ingredients

- 3 eggs
- 0.7 cup flour
- 0.5 cup milk
- 2 cups peaches sliced
- 1.5 cups raspberries fresh thawed (and not)
- 0.3 teaspoon salt
- 1 teaspoon vanilla extract
- 0.5 cup tsp vanilla sugar white ()

0.5 cup whipping cream 35% ()

Equipment

oven

blender

Directions

Butter a 9-inch deep-dish pie plate and dust with a tablespoon of sugar. Preheat the oven to 350F. Peel and slice the peaches. Toss with the raspberries. Set aside. Blend the sugar, milk, cream, eggs, vanilla, flour and salt in a blender for about a minute or until well blended.

Pour half the custard mixture into the prepared pie plate. Arrange fruit on top and pour the remaining custard over the fruit.

Bake for 45–55 minutes, until the top is golden brown and puffy. Do not overcook. The custard should remain tender.

Serve warm or cold with whipped cream or creme anglaise.

Nutrition Facts



PROTEIN 9.29% **FAT 34.79%** **CARBS 55.92%**

Properties

Glycemic Index:41.56, Glycemic Load:21.86, Inflammation Score:-5, Nutrition Score:8.7021739130435%

Flavonoids

Cyanidin: 14.72mg, Cyanidin: 14.72mg, Cyanidin: 14.72mg, Cyanidin: 14.72mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg, Catechin: 2.92mg Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg, Epigallocatechin: 0.67mg Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg, Epicatechin: 2.26mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Taste

Sweetness: 100%, Saltiness: 23.3%, Sourness: 38.93%, Bitterness: 14.52%, Savoriness: 18.24%, Fattiness: 34.36%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 264.9kcal (13.24%), Fat: 10.43g (16.04%), Saturated Fat: 5.67g (35.41%), Carbohydrates: 37.71g (12.57%), Net Carbohydrates: 34.61g (12.59%), Sugar: 24.03g (26.7%), Cholesterol: 106.69mg (35.56%), Sodium: 148.69mg (6.46%), Alcohol: 0.23g (1.27%), Protein: 6.26g (12.53%), Selenium: 13.68µg (19.55%), Manganese: 0.34mg (16.83%), Vitamin B2: 0.27mg (15.62%), Vitamin A: 620.54IU (12.41%), Fiber: 3.1g (12.38%), Vitamin C: 10.08mg (12.22%), Folate: 45.93µg (11.48%), Phosphorus: 110.63mg (11.06%), Vitamin B1: 0.16mg (10.34%), Iron: 1.44mg (8%), Vitamin B3: 1.47mg (7.33%), Vitamin E: 1.07mg (7.12%), Vitamin B5: 0.7mg (7.02%), Vitamin D: 0.98µg (6.54%), Calcium: 62.36mg (6.24%), Potassium: 203.83mg (5.82%), Vitamin B12: 0.34µg (5.62%), Copper: 0.11mg (5.35%), Magnesium: 20.31mg (5.08%), Zinc: 0.76mg (5.06%), Vitamin B6: 0.09mg (4.62%), Vitamin K: 4.68µg (4.46%)