



Pear Clafouti

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



224 kcal

DESSERT

Ingredients

- ☐ 3 large eggs lightly beaten
- ☐ 0.8 cup flour all-purpose
- ☐ 1 teaspoon flour all-purpose
- ☐ 2 cups milk 1% low-fat divided
- ☐ 0.1 teaspoon nutmeg
- ☐ 2 cups pears cubed peeled
- ☐ 0.3 teaspoon salt
- ☐ 0.5 cup sugar

☐ 0.5 teaspoon vanilla extract

Equipment

☐ bowl

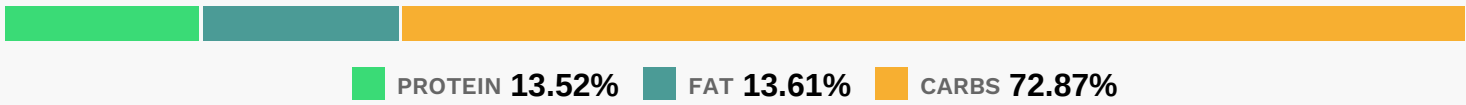
☐ oven

☐ whisk

Directions

- ☐ Preheat oven to 37
- ☐ Coat a 10-inch deep-dish pie plate with cooking spray, and dust plate with 1 teaspoon flour. Arrange the pear cubes in the bottom of prepared dish, and set aside.
- ☐ Combine 3/4 cup flour, salt, and nutmeg in a bowl. Gradually add 1 cup milk, stirring with a whisk until well-blended.
- ☐ Add 1 cup milk, eggs, sugar, and vanilla extract, stirring until smooth.
- ☐ Pour batter over pear cubes.
- ☐ Bake mixture at 375 for 35 minutes or until set.

Nutrition Facts



Properties

Glycemic Index:54.47, Glycemic Load:22.84, Inflammation Score:-3, Nutrition Score:8.2465217942777%

Flavonoids

Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg, Cyanidin: 1.11mg Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg, Epicatechin: 2.02mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 223.6kcal (11.18%), Fat: 3.42g (5.27%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 39.16g (14.24%), Sugar: 25.96g (28.84%), Cholesterol: 96.93mg (32.31%), Sodium: 164.13mg (7.14%), Alcohol: 0.11g (100%), Alcohol %: 0.08% (100%), Protein: 7.65g (15.31%), Selenium: 14.89µg (21.27%), Vitamin B2: 0.32mg (18.86%), Phosphorus: 154.31mg (15.43%), Vitamin B1: 0.19mg (12.45%), Calcium: 120.68mg (12.07%), Vitamin B12: 0.7µg (11.71%), Folate: 46.32µg (11.58%), Vitamin D: 1.37µg (9.1%), Fiber: 2.1g (8.41%), Vitamin B5: 0.76mg (7.64%), Manganese: 0.15mg (7.34%), Iron: 1.29mg (7.14%), Potassium: 239.9mg (6.85%), Vitamin A: 302.65IU (6.05%), Vitamin B3: 1.14mg (5.69%), Vitamin B6: 0.11mg (5.62%), Zinc: 0.83mg (5.53%), Magnesium: 19.83mg (4.96%), Copper: 0.09mg (4.38%), Vitamin C: 2.31mg (2.8%), Vitamin K: 2.56µg (2.44%), Vitamin E: 0.35mg (2.35%)