



Pear Clafouti

 Vegetarian

READY IN



60 min.

SERVINGS



8

CALORIES



335 kcal

DESSERT

Ingredients

- 2 purée of usa bartlett pear firm ripe
- 8 servings powdered sugar
- 8 servings crème fraîche
- 3 extra large eggs at room temperature
- 6 tablespoons flour all-purpose
- 0.3 cup granulated sugar
- 1.5 cups cup heavy whipping cream
- 0.3 teaspoon kosher salt

- 1 teaspoon lemon zest (grated (2 lemons))
- 2 tablespoons pears (recommended: Poire William)
- 1 tablespoon butter (unsalted at room temperature)
- 2 teaspoons vanilla extract (pure)

Equipment

- bowl
- oven
- baking pan
- hand mixer

Directions

- Watch how to make this recipe.
- Preheat the oven to 375 degrees F.
- Butter a 10 x 3 x 1 1/2-inch round baking dish and sprinkle the bottom and sides with 1 tablespoon of the granulated sugar.
- Beat the eggs and the 1/3 cup of granulated sugar in the bowl of an electric mixer fitted with the paddle attachment on medium-high speed until light and fluffy, about 3 minutes. On low speed, mix in the flour, cream, vanilla extract, lemon zest, salt, and pear brandy. Set aside for 10 minutes.
- Meanwhile, peel, quarter, core, and slice the pears. Arrange the slices in a single layer, slightly fanned out, in the baking dish.
- Pour the batter over the pears and bake until the top is golden brown and the custard is firm, 35 to 40 minutes.
- Serve warm or at room temperature, sprinkled with confectioners' sugar, and creme fraiche.

Nutrition Facts



PROTEIN 5.91% **FAT 58.63%** **CARBS 35.46%**

Properties

Glycemic Index:27.86, Glycemic Load:11.26, Inflammation Score:-5, Nutrition Score:5.9595652559529%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 334.88kcal (16.74%), Fat: 22.01g (33.87%), Saturated Fat: 13.04g (81.51%), Carbohydrates: 29.96g (9.99%), Net Carbohydrates: 28.29g (10.29%), Sugar: 22.76g (25.28%), Cholesterol: 139.39mg (46.46%), Sodium: 119.4mg (5.19%), Alcohol: 0.34g (100%), Alcohol %: 0.29% (100%), Protein: 4.99g (9.99%), Vitamin A: 901.39IU (18.03%), Selenium: 10.3µg (14.72%), Vitamin B2: 0.25mg (14.42%), Phosphorus: 88.51mg (8.85%), Vitamin D: 1.16µg (7.73%), Fiber: 1.67g (6.69%), Folate: 25.68µg (6.42%), Calcium: 59.59mg (5.96%), Vitamin B5: 0.52mg (5.24%), Vitamin E: 0.78mg (5.19%), Vitamin B12: 0.29µg (4.77%), Vitamin B1: 0.07mg (4.67%), Iron: 0.79mg (4.37%), Potassium: 144.27mg (4.12%), Vitamin B6: 0.07mg (3.6%), Copper: 0.07mg (3.52%), Vitamin K: 3.66µg (3.49%), Vitamin C: 2.82mg (3.41%), Manganese: 0.07mg (3.37%), Zinc: 0.5mg (3.34%), Magnesium: 11.2mg (2.8%), Vitamin B3: 0.47mg (2.36%)