

Plum Clafouti

 Vegetarian

READY IN



70 min.

SERVINGS



8

CALORIES



174 kcal

DESSERT

Ingredients

- 2 tablespoons confectioners' sugar
- 3 eggs
- 0.7 cup flour all-purpose
- 0.5 teaspoon ground cinnamon
- 1.5 teaspoons lemon zest grated
- 1.3 cups milk
- 14 prune plums italian pitted halved
- 1 pinch salt

- 2 teaspoons vanilla
- 6 tablespoons sugar white divided

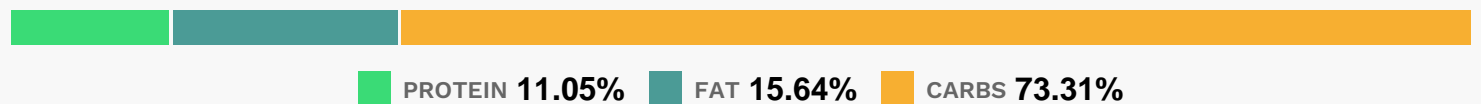
Equipment

- frying pan
- oven
- blender

Directions

- Preheat the oven to 375 degrees F (190 degrees C). Butter a 10 inch pie plate, and sprinkle 1 tablespoon of sugar over the bottom.
- Arrange the plum halves, cut side down, so that they cover the entire bottom of the pie plate.
- Sprinkle 2 tablespoons of sugar over the top of the plums. In a blender, combine the remaining 3 tablespoons of sugar, eggs, milk, flour, lemon zest, cinnamon, vanilla, and salt. Process until smooth, about 2 minutes.
- Pour over the fruit in the pan.
- Bake for 50 to 60 minutes in the preheated oven, or until firm and lightly browned.
- Let stand 5 minutes before slicing. Dust with confectioners' sugar before serving.

Nutrition Facts



Properties

Glycemic Index:27.14, Glycemic Load:15.64, Inflammation Score:-3, Nutrition Score:6.1143478051476%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 173.71kcal (8.69%), Fat: 3.07g (4.72%), Saturated Fat: 1.31g (8.16%), Carbohydrates: 32.4g (10.8%), Net Carbohydrates: 30.77g (11.19%), Sugar: 19.8g (22%), Cholesterol: 66.26mg (22.09%), Sodium: 44.54mg (1.94%),

Alcohol: 0.34g (100%), Alcohol %: 0.45% (100%), Protein: 4.88g (9.76%), Selenium: 9.49µg (13.56%), Vitamin B2: 0.22mg (12.88%), Vitamin K: 10.65µg (10.15%), Phosphorus: 97.25mg (9.73%), Vitamin B1: 0.12mg (8.03%), Manganese: 0.15mg (7.71%), Calcium: 70.33mg (7.03%), Folate: 27.57µg (6.89%), Fiber: 1.63g (6.52%), Potassium: 225.86mg (6.45%), Vitamin B12: 0.37µg (6.11%), Vitamin A: 292.21IU (5.84%), Iron: 0.96mg (5.31%), Vitamin B5: 0.53mg (5.26%), Vitamin D: 0.78µg (5.18%), Vitamin B3: 1.01mg (5.03%), Vitamin B6: 0.09mg (4.72%), Magnesium: 16.58mg (4.14%), Copper: 0.08mg (3.94%), Zinc: 0.53mg (3.57%), Vitamin E: 0.28mg (1.86%)