



Strawberry Clafoutis

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



230 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon butter
- ☐ 3 eggs at room temperature
- ☐ 0.5 cup flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.5 cup heavy cream
- ☐ 1 pinch salt
- ☐ 2.5 cups strawberries
- ☐ 1 tsp vanilla extract

☐ 0.5 cup milk whole

Equipment

☐ bowl

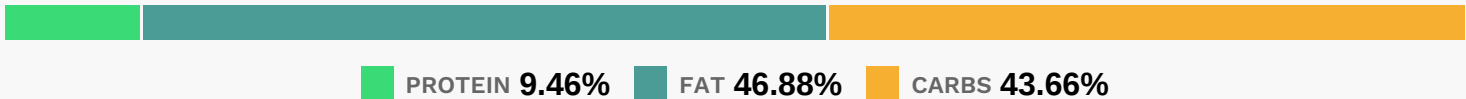
☐ oven

☐ whisk

Directions

- ☐ Make the batter: Sift the flour, sugar, and salt into a bowl. In a separate bowl, whisk the eggs, milk and heavy cream until well blended.
- ☐ Add the egg mixture to the flour mixture and whisk until smooth.Preheat the oven to 350 degrees F. Grease an oval oven-proof dish or individual dishes, with the butter.
- ☐ Sprinkle the bottom and sides with sugar.
- ☐ Place the strawberries in the oven-proof dish.
- ☐ Pour the batter over the strawberries and place in the oven.
- ☐ Bake for 30 to 40 minutes or until the custard is firm.
- ☐ Remove from the oven and cool for 5 minutes before serving.
- ☐ Serve the clafoutis warm with a scoop of ice cream.

Nutrition Facts



Properties

Glycemic Index:45.52, Glycemic Load:15.23, Inflammation Score:-5, Nutrition Score:8.5660869453264%

Flavonoids

Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg, Cyanidin: 1.01mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg, Pelargonidin: 14.91mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg, Catechin: 1.87mg Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg, Epigallocatechin: 0.47mg Epicatechin: 0.25mg,

Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg, Epicatechin 3–gallate: 0.09mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 229.73kcal (11.49%), Fat: 12.11g (18.64%), Saturated Fat: 6.85g (42.83%), Carbohydrates: 25.38g (8.46%), Net Carbohydrates: 23.9g (8.69%), Sugar: 15.78g (17.53%), Cholesterol: 111.71mg (37.24%), Sodium: 66.77mg (2.9%), Alcohol: 0.24g (100%), Alcohol %: 0.21% (100%), Protein: 5.5g (11%), Vitamin C: 35.4mg (42.91%), Selenium: 11.6µg (16.57%), Manganese: 0.31mg (15.59%), Vitamin B2: 0.23mg (13.77%), Folate: 44.67µg (11.17%), Phosphorus: 101.85mg (10.19%), Vitamin A: 508.8IU (10.18%), Vitamin B1: 0.12mg (8.03%), Vitamin D: 0.98µg (6.54%), Iron: 1.14mg (6.34%), Calcium: 62.33mg (6.23%), Fiber: 1.48g (5.93%), Vitamin B5: 0.59mg (5.87%), Vitamin B12: 0.34µg (5.69%), Potassium: 184.47mg (5.27%), Vitamin B3: 0.9mg (4.51%), Vitamin B6: 0.09mg (4.49%), Vitamin E: 0.66mg (4.39%), Magnesium: 16.69mg (4.17%), Zinc: 0.58mg (3.84%), Copper: 0.06mg (3.17%), Vitamin K: 2.28µg (2.17%)