



Summer Fruit Clafouti

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



265 kcal

DESSERT

Ingredients

- ☐ 3 large eggs
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup granulated sugar
- ☐ 8 servings powdered sugar
- ☐ 1.5 pounds plums rinsed
- ☐ 0.3 cup mirin sweet
- ☐ 0.1 teaspoon salt
- ☐ 5 tablespoons butter unsalted melted

- ☐ 1 tablespoon vanilla
- ☐ 1 cup milk whole

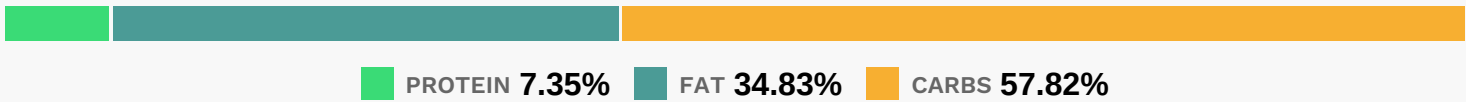
Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ baking pan
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 32
- ☐ Butter a shallow 2-quart baking dish.
- ☐ Cut apricots off pits into 1/4-inch-thick wedges and drop into a bowl.
- ☐ Add wine and mix gently.
- ☐ Let stand 5 minutes.
- ☐ In a blender, combine eggs, milk, granulated sugar, flour, melted butter, vanilla, and salt; whirl until smooth. With a slotted spoon, transfer fruit to buttered baking dish.
- ☐ Pour remaining wine and juices into egg mixture and whirl again to blend.
- ☐ Pour egg mixture over fruit.
- ☐ Bake clafouti in upper third of the preheated oven until puffed and set to the touch in the center, 55 to 65 minutes.
- ☐ Serve warm (clafouti will settle slightly as it cools).
- ☐ Sprinkle powdered sugar over the top just before serving.

Nutrition Facts



Properties

Glycemic Index:27.72, Glycemic Load:16.87, Inflammation Score:-5, Nutrition Score:6.3165217378865%

Flavonoids

Cyanidin: 4.79mg, Cyanidin: 4.79mg, Cyanidin: 4.79mg, Cyanidin: 4.79mg Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg, Peonidin: 0.26mg Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg, Catechin: 2.46mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg, Epicatechin 3-gallate: 0.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 265.33kcal (13.27%), Fat: 10.21g (15.71%), Saturated Fat: 5.68g (35.47%), Carbohydrates: 38.14g (12.71%), Net Carbohydrates: 36.74g (13.36%), Sugar: 30.5g (33.89%), Cholesterol: 92.22mg (30.74%), Sodium: 76.1mg (3.31%), Alcohol: 1.27g (100%), Alcohol %: 0.89% (100%), Protein: 4.85g (9.69%), Vitamin A: 662.74IU (13.25%), Selenium: 9.19µg (13.14%), Vitamin B2: 0.2mg (11.58%), Vitamin C: 8.08mg (9.79%), Phosphorus: 92.17mg (9.22%), Vitamin B1: 0.11mg (7.36%), Folate: 27.62µg (6.91%), Potassium: 218.43mg (6.24%), Vitamin K: 6.23µg (5.93%), Vitamin B12: 0.35µg (5.77%), Calcium: 56.8mg (5.68%), Vitamin D: 0.84µg (5.61%), Fiber: 1.4g (5.61%), Vitamin B5: 0.56mg (5.6%), Manganese: 0.11mg (5.45%), Iron: 0.85mg (4.72%), Vitamin B3: 0.87mg (4.36%), Vitamin E: 0.64mg (4.27%), Vitamin B6: 0.08mg (3.96%), Copper: 0.08mg (3.88%), Magnesium: 13.95mg (3.49%), Zinc: 0.52mg (3.46%)