



Amaretti peaches with honey & chocolate

READY IN



45 min.

SERVINGS



6

CALORIES



453 kcal

DESSERT

Ingredients

- ☐ 6 large peaches firm ripe
- ☐ 15 amaretti cookies (or 9 paper-wrapped)
- ☐ 50 g almond flour
- ☐ 85 g chocolate dark 60% (minimum cocoa solids)
- ☐ 1 large eggs beaten
- ☐ 2 tbsp clear honey
- ☐ 500 g crème fraîche
- ☐ 6 servings cocoa powder

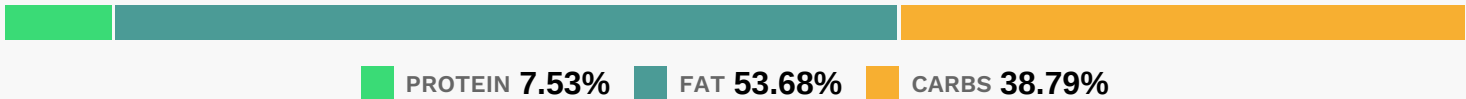
Equipment

- ☐ food processor
- ☐ oven

Directions

- ☐ Preheat the oven to 200C/gas 6/fan 180C. Halve and stone the peaches, then dig out a little flesh from the centre of each half, using a sharp-edged soup spoon. Put flesh and peaches to one side.
- ☐ Tip the amaretti, almonds and chocolate into a food processor and pulse until the mixture is like coarse gravel.
- ☐ Add the spooned-out peach flesh, egg and honey and whizz for just a second or two to combine don't over-process.
- ☐ Spoon the stuffing into the peach halves, mounding it up a little. Arrange the peaches in a single layer in a heavy baking tin, then bake for 25-30 minutes or until the flesh is tender and the stuffing nicely browned.
- ☐ Serve hot, with a dollop of mascarpone or crme frache and a dusting of sifted cocoa powder.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:10.21, Inflammation Score:-7, Nutrition Score:11.678260777308%

Flavonoids

Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg Catechin: 9.26mg, Catechin: 9.26mg, Catechin: 9.26mg, Catechin: 9.26mg Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg Epigallocatechin: 1.82mg Epicatechin: 6.06mg, Epicatechin: 6.06mg, Epicatechin: 6.06mg, Epicatechin: 6.06mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 453.03kcal (22.65%), Fat: 28.32g (43.57%), Saturated Fat: 12.63g (78.91%), Carbohydrates: 46.04g (15.35%), Net Carbohydrates: 40.21g (14.62%), Sugar: 35.27g (39.19%), Cholesterol: 80.59mg (26.86%), Sodium:

95.24mg (4.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 13.63mg (4.54%), Protein: 8.94g (17.89%), Fiber: 5.83g (23.32%), Vitamin A: 1140.19IU (22.8%), Copper: 0.45mg (22.41%), Manganese: 0.44mg (21.91%), Iron: 3.11mg (17.28%), Phosphorus: 169.59mg (16.96%), Magnesium: 60.76mg (15.19%), Selenium: 10.48µg (14.97%), Vitamin B2: 0.25mg (14.61%), Potassium: 449.3mg (12.84%), Calcium: 125.38mg (12.54%), Vitamin E: 1.77mg (11.77%), Vitamin C: 7.96mg (9.65%), Zinc: 1.34mg (8.92%), Vitamin B3: 1.67mg (8.37%), Vitamin B5: 0.74mg (7.42%), Vitamin K: 7.58µg (7.22%), Vitamin B6: 0.1mg (5.02%), Folate: 19.88µg (4.97%), Vitamin B12: 0.29µg (4.81%), Vitamin B1: 0.07mg (4.51%), Vitamin D: 0.17µg (1.11%)