

Amaretti-Stuffed Peaches

READY IN



300 min.

SERVINGS



8

CALORIES



328 kcal

SIDE DISH

Ingredients

- 1 cup amaretti cookies italian crumbled (almond macaroons, preferably Lazzaroni brand)
- 8 servings mascarpone cheese
- 1 large eggs
- 2.5 tablespoons flour all-purpose
- 2 lb peaches pitted halved lengthwise
- 0.1 teaspoon salt
- 2 tablespoons sugar
- 0.3 cup butter unsalted softened

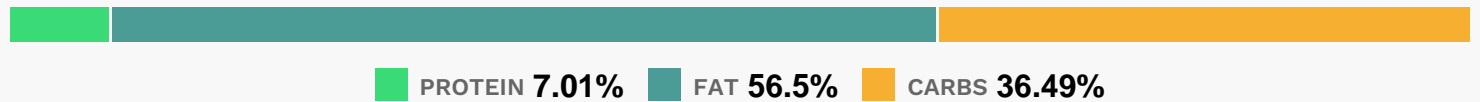
Equipment

- food processor
- oven
- baking pan

Directions

- Put oven rack in middle position and preheat oven to 350°F.
- Melt 2 tablespoons butter and pour into a 13- by 9-inch glass or ceramic baking dish.
- Pulse 3/4 cup crumbled amaretti in a food processor until finely chopped, then add flour, sugar, salt, and remaining 2 tablespoons butter. Blend until butter is incorporated, then add egg and blend until smooth.
- Scoop out just enough peach pulp from center of each peach half with a melon-ball cutter or a small spoon to create a 1-inch-deep cavity. Arrange peaches, cut sides up, in baking dish, then brush skins with melted butter from dish. Divide amaretti mixture among cavities, then sprinkle remaining 1/4 cup crumbled amaretti over filling.
- Bake until filling is puffed and crisp, 40 to 50 minutes.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:7.31, Inflammation Score:-6, Nutrition Score:4.77391301549%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 328.13kcal (16.41%), Fat: 21.01g (32.32%), Saturated Fat: 12.37g (77.29%), Carbohydrates: 30.54g (10.18%), Net Carbohydrates: 28.23g (10.26%), Sugar: 24.02g (26.68%), Cholesterol: 68.5mg (22.83%), Sodium: 121.06mg (5.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.86g (11.72%), Vitamin A: 1000.7IU (20.01%), Fiber: 2.31g (9.24%), Selenium: 5.18µg (7.41%), Vitamin E: 1.06mg (7.06%), Vitamin C: 4.65mg (5.64%), Vitamin B3: 1.06mg (5.3%), Calcium: 52.14mg (5.21%), Copper: 0.1mg (4.88%), Vitamin B2: 0.08mg (4.6%), Iron: 0.8mg (4.47%), Manganese: 0.09mg (4.37%), Potassium: 151.25mg (4.32%), Phosphorus: 41.56mg (4.16%), Vitamin K: 3.92µg (3.74%), Folate: 14.24µg (3.56%), Vitamin B1: 0.05mg (3.23%), Vitamin B5: 0.29mg (2.87%), Magnesium: 10.48mg (2.62%), Zinc: 0.36mg (2.43%), Vitamin B6: 0.04mg (2.01%), Vitamin D: 0.23µg (1.54%), Vitamin B12: 0.07µg (1.13%)