



Apricot Gratin

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



141 kcal

SIDE DISH

Ingredients

- 0.3 cup apricot preserves
- 1.3 pounds apricots ripe
- 0.3 lb optional: lemon
- 2 tablespoons orange juice
- 0.5 cup sugar

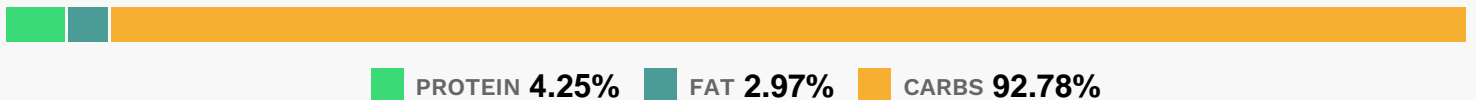
Equipment

- frying pan
- oven

Directions

- Rinse lemon, slice off and discard ends, then cut fruit crosswise into paper-thin slices, and discard seeds.
- In a 10- to 12-inch nonstick frying pan over high heat, bring 1 cup water to a boil.
- Add lemon and cook for 1 minute.
- Drain. Repeat step.
- In pan, combine lemon and 1/4 cup sugar. Stir often over medium-high heat until liquid evaporates, 4 to 5 minutes; take care not to scorch fruit.
- Rinse apricots, pit, and cut fruit lengthwise into 3/4-inch slices. In a 10-inch-wide (about 8-cup) round quiche dish or shallow casserole, snugly arrange apricots in a single layer. Tuck lemon pieces among apricot slices. Spoon brandy over fruit, then sprinkle evenly with remaining 1/4 cup sugar.
- Bake in a 450 oven until fruit edges are tinged with dark brown, 25 to 30 minutes.
- Stir apricot jam to soften; dot evenly over fruit.
- Return dish to oven and bake until jam is bubbling, about 5 minutes. Spoon portions onto plates.

Nutrition Facts



Properties

Glycemic Index:31.54, Glycemic Load:15.83, Inflammation Score:-8, Nutrition Score:5.7330434970234%

Flavonoids

Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg, Catechin: 3.5mg Epicatechin: 4.51mg, Epicatechin: 4.51mg, Epicatechin: 4.51mg, Epicatechin: 4.51mg Eriodictyol: 4.05mg, Eriodictyol: 4.05mg, Eriodictyol: 4.05mg, Eriodictyol: 4.05mg Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 141.41kcal (7.07%), Fat: 0.51g (0.78%), Saturated Fat: 0.04g (0.22%), Carbohydrates: 35.79g (11.93%), Net Carbohydrates: 33.33g (12.12%), Sugar: 30.59g (33.99%), Cholesterol: 0mg (0%), Sodium: 5.49mg (0.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.28%), Vitamin A: 1855.74IU (37.11%), Vitamin C: 23.17mg (28.08%), Fiber: 2.46g (9.84%), Potassium: 290.09mg (8.29%), Vitamin E: 0.88mg (5.9%), Copper: 0.09mg (4.71%), Manganese: 0.08mg (4.19%), Vitamin B6: 0.07mg (3.52%), Folate: 12.38µg (3.1%), Vitamin B3: 0.61mg (3.06%), Iron: 0.55mg (3.06%), Magnesium: 11.98mg (2.99%), Vitamin K: 3.12µg (2.98%), Vitamin B2: 0.05mg (2.86%), Vitamin B5: 0.28mg (2.75%), Vitamin B1: 0.04mg (2.73%), Phosphorus: 26.02mg (2.6%), Calcium: 19.96mg (2%), Zinc: 0.21mg (1.41%)