



Baked Nectarines with Cream

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



4

CALORIES



111 kcal

SIDE DISH

Ingredients

- 0.5 cup whipped cream low-fat
- 4 nectarines cut into 4 wedges
- 0.3 cup peach nectar
- 1 tablespoon sugar

Equipment

- bowl
- oven

Directions

- Preheat oven to 40
- Combine sugar and peach nectar in a 9-inch pie plate.
- Place nectarine wedges, skin side up, in pie plate.
- Bake at 400 for 20 minutes or until tender. Spoon hot fruit and syrup evenly into 4 individual serving bowls. Top each evenly with ice cream.
- Sprinkle with nutmeg, if desired.

Nutrition Facts

PROTEIN 8.19% **FAT 10.93%** **CARBS 80.88%**

Properties

Glycemic Index:37.27, Glycemic Load:8.78, Inflammation Score:-5, Nutrition Score:4.3721739001896%

Flavonoids

Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 111.3kcal (5.56%), Fat: 1.44g (2.22%), Saturated Fat: 0.56g (3.53%), Carbohydrates: 24.04g (8.01%), Net Carbohydrates: 21.83g (7.94%), Sugar: 20.91g (23.23%), Cholesterol: 5.13mg (1.71%), Sodium: 34.83mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.43g (4.87%), Vitamin A: 610.09IU (12.2%), Fiber: 2.21g (8.83%), Vitamin B3: 1.63mg (8.17%), Potassium: 231.82mg (6.62%), Vitamin E: 0.95mg (6.33%), Copper: 0.12mg (6.18%), Phosphorus: 57.11mg (5.71%), Vitamin B2: 0.09mg (5.32%), Vitamin C: 4.35mg (5.27%), Vitamin B1: 0.07mg (4.72%), Manganese: 0.08mg (4.08%), Magnesium: 16.27mg (4.07%), Vitamin B5: 0.37mg (3.68%), Calcium: 34.71mg (3.47%), Vitamin K: 3.16µg (3.01%), Zinc: 0.44mg (2.93%), Iron: 0.48mg (2.66%), Vitamin B6: 0.05mg (2.59%), Folate: 9.87µg (2.47%), Vitamin B12: 0.09µg (1.49%)