



## Baked Peaches with Almond Paste

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



207 kcal

SIDE DISH

### Ingredients

- 0.5 cup almond paste
- 1.5 teaspoons butter cold cut into 8 pieces
- 1 teaspoon juice of lemon
- 4 peaches pitted halved
- 3 tablespoons water hot

### Equipment

- food processor
- baking sheet

oven

## Directions

Heat the oven to 40

Put a rack on a baking sheet and then put the peaches on the rack, skin-side down.

In a food processor, puree the almond paste, water, and lemon juice. Spoon the almond mixture into the centers of the peaches. Top each mound of almond paste with a piece of the butter.

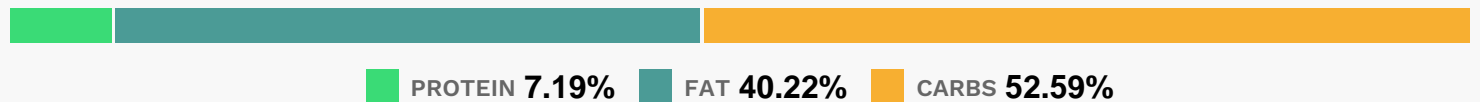
Bake in the lower third of the oven until the peaches are tender and the almond paste is golden brown, about 25 minutes.

Serve warm.

Peeling the Peaches: Peel the peaches or not, as you like. The blush on the skin is pretty, but during taste tests most of us pulled off the peel and pushed it to the side of the plate.

Almond Paste: Almond paste is simply a combination of ground almonds and sugar. It's available in supermarkets, usually in the baking aisle, and comes in both cans and tubes.

## Nutrition Facts



## Properties

Glycemic Index:22.56, Glycemic Load:5.19, Inflammation Score:-6, Nutrition Score:8.1460869333342%

## Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

## Nutrients (% of daily need)

Calories: 206.68kcal (10.33%), Fat: 9.79g (15.06%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 28.8g (9.6%), Net Carbohydrates: 25.18g (9.16%), Sugar: 22.89g (25.43%), Cholesterol: 4.03mg (1.34%), Sodium: 34.69mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.94g (7.88%), Vitamin E: 4.97mg (33.14%), Manganese: 0.33mg (16.73%), Fiber: 3.62g (14.46%), Copper: 0.25mg (12.39%), Magnesium: 49.11mg (12.28%), Vitamin A: 535.93IU (10.72%), Phosphorus: 106.76mg (10.68%), Vitamin B2: 0.16mg (9.69%), Vitamin C: 6.66mg (8.08%), Vitamin B3: 1.61mg (8.07%), Potassium: 273.83mg (7.82%), Folate: 30.02µg (7.51%), Selenium: 4.36µg (6.23%), Calcium: 55.67mg (5.57%), Iron: 0.97mg (5.36%), Zinc: 0.77mg (5.12%), Vitamin K: 4.63µg (4.41%), Vitamin B1: 0.06mg (3.98%), Vitamin B5: 0.27mg (2.65%), Vitamin B6: 0.05mg (2.42%)