



Baked Peaches with Amaretti and Cocoa

READY IN



45 min.

SERVINGS



4

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 ounces amaretti cookies crushed
- ☐ 0.5 teaspoon cocoa powder
- ☐ 0.3 cup cooking wine dry white such as pinot grigio
- ☐ 1 large egg yolk
- ☐ 4 peaches dry washed and patted ripe
- ☐ 4 servings butter unsalted for the baking dish

Equipment

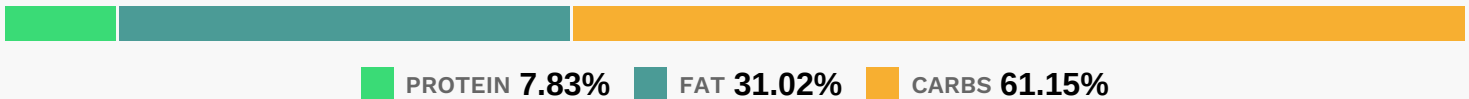
- ☐ bowl

- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ cutting board
- ☐ melon baller

Directions

- ☐ Butter a baking dish large enough to hold 8 peach halves in a single layer.
- ☐ Cut the peaches in half with a small knife and remove the pits.
- ☐ Cut off the peel in strips.
- ☐ Place the peach halves in the baking dish as you finish peeling them.
- ☐ Use a melon baller to scoop out some of the center pulp from each peach, being careful not to perforate the edges, to make little containers for the filling.
- ☐ Put the peach pulp on a cutting board and finely chop it; transfer it to a small bowl.
- ☐ Add the cookie crumbs, the egg yolk, and the cocoa powder, and stir to combine.
- ☐ Preheat the oven to 350°F and center a rack in the oven. Divide the filling among the peach halves.
- ☐ Pour the wine into the dish around the peaches.
- ☐ Bake 30 to 35 minutes or until a thin crust forms on the filling.
- ☐ Let cool to room temperature or refrigerate until chilled.
- ☐ Serve with whipped cream, if you like.
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Nutrition Facts



Properties

Glycemic Index:13.81, Glycemic Load:5.25, Inflammation Score:-5, Nutrition Score:5.1113044023514%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 184.65kcal (9.23%), Fat: 6.35g (9.77%), Saturated Fat: 3.11g (19.41%), Carbohydrates: 28.16g (9.39%), Net Carbohydrates: 25.37g (9.22%), Sugar: 23.17g (25.74%), Cholesterol: 56.65mg (18.88%), Sodium: 62.56mg (2.72%), Alcohol: 1.54g (100%), Alcohol %: 1.04% (100%), Protein: 3.61g (7.21%), Vitamin A: 675.23IU (13.5%), Fiber: 2.79g (11.17%), Vitamin E: 1.32mg (8.81%), Selenium: 5.61µg (8.02%), Vitamin C: 6.15mg (7.45%), Copper: 0.13mg (6.32%), Vitamin B3: 1.23mg (6.16%), Manganese: 0.12mg (5.82%), Potassium: 201.38mg (5.75%), Phosphorus: 54.39mg (5.44%), Iron: 0.86mg (4.8%), Vitamin K: 4.94µg (4.71%), Vitamin B2: 0.07mg (4.31%), Folate: 15.55µg (3.89%), Vitamin B5: 0.37mg (3.69%), Magnesium: 14.44mg (3.61%), Zinc: 0.47mg (3.16%), Vitamin B6: 0.06mg (3.01%), Vitamin B1: 0.04mg (2.97%), Vitamin D: 0.3µg (2.03%), Vitamin B12: 0.09µg (1.52%), Calcium: 14.19mg (1.42%)