



Campfire-Glazed Peaches and Figs

 Vegetarian  Gluten Free

READY IN



150 min.

SERVINGS



10

CALORIES



113 kcal

SIDE DISH

Ingredients

- 1 pinch kosher salt generous
- 2.5 pounds nectarines pitted cut into 1/2-in. wedges (5)
- 6 tablespoons sugar
- 4 tablespoons butter unsalted
- 1 vanilla pod split
- 1.3 pounds frangelico trimmed halved quartered ()
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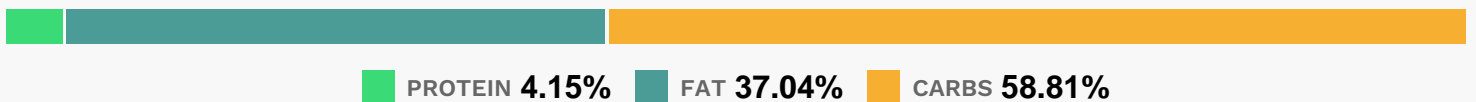
Equipment

- pot
- grill
- stove
- dutch oven

Directions

- Dig a pit and build a fire in it*, or use a firepit with a built-in grate.
- Let fire burn to medium-high and spread out logs as needed; if using your own grate, set it in place.
- Put butter, sugar, and salt in a large, heavy dutch oven or enameled cast-iron pot. Scrape vanilla seeds into pot and add bean. Set pot on grate over fire or on stove over medium-high heat. Cook, stirring, until mixture turns golden brown and frothy and begins to smell like caramel, 3 to 6 minutes.
- Add fruit and stir to coat. Cover pot and cook, stirring occasionally, until fruit has released some juice and is glossy and glazed but not mushy, 2 to 4 minutes.
- *The chefs use a grate with legs (Stansport Camp Grill, from \$22; stansport.com). A charcoal grill grate set on bricks also works.
- Cut fruit the morning of your outing (toss peaches with 2 tbsp. lemon juice) and chill airtight in a cooler.

Nutrition Facts



Properties

Glycemic Index:11.31, Glycemic Load:8.77, Inflammation Score:-4, Nutrition Score:2.9539130297692%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 113.27kcal (5.66%), Fat: 4.96g (7.63%), Saturated Fat: 2.88g (17.98%), Carbohydrates: 17.71g (5.9%), Net Carbohydrates: 16.01g (5.82%), Sugar: 16.14g (17.93%), Cholesterol: 12.04mg (4.01%), Sodium: 19.31mg (0.84%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.25g (2.5%), Vitamin A: 516.43IU (10.33%), Fiber: 1.7g (6.8%), Vitamin B3: 1.27mg (6.36%), Vitamin E: 0.82mg (5.48%), Copper: 0.09mg (4.72%), Potassium: 150.04mg (4.29%), Vitamin C: 3.29mg (3.99%), Manganese: 0.06mg (3.09%), Phosphorus: 30.83mg (3.08%), Vitamin B1: 0.04mg (2.59%), Magnesium: 10.32mg (2.58%), Vitamin K: 2.66µg (2.53%), Vitamin B5: 0.22mg (2.16%), Vitamin B2: 0.03mg (1.99%), Iron: 0.34mg (1.92%), Folate: 6.97µg (1.74%), Zinc: 0.24mg (1.63%), Vitamin B6: 0.03mg (1.43%)