



Chocolate-Amaretti Peaches

READY IN



45 min.

SERVINGS



8

CALORIES



137 kcal

DESSERT

Ingredients

- ☐ 0.5 cup amaretti cookies crushed (8 cookies)
- ☐ 1 ounce bittersweet chocolate shaved
- ☐ 2 tablespoons brown sugar
- ☐ 8 teaspoons butter
- ☐ 4 large peaches pitted ripe halved

Equipment

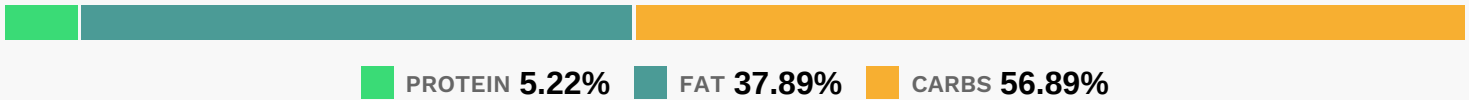
- ☐ bowl
- ☐ baking pan

- ☐ broiler
- ☐ melon baller

Directions

- ☐ Preheat broiler.
- ☐ Combine cookie crumbs and sugar in a small bowl.
- ☐ Hollow center of peach halves using a melon baller. Fill each peach half with 1 rounded tablespoon cookie crumb mixture. Arrange peaches in an 11 x 7-inch glass or ceramic baking dish coated with cooking spray.
- ☐ Place 1 teaspoon butter on top of each filled half. Broil 2 minutes or until butter melts.
- ☐ Sprinkle evenly with chocolate. Cool 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:11.28, Glycemic Load:3.03, Inflammation Score:-4, Nutrition Score:3.0569565218428%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 137.33kcal (6.87%), Fat: 6.06g (9.32%), Saturated Fat: 3.42g (21.36%), Carbohydrates: 20.47g (6.82%), Net Carbohydrates: 18.6g (6.76%), Sugar: 17.29g (19.21%), Cholesterol: 10.96mg (3.65%), Sodium: 66.59mg (2.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 3.05mg (1.02%), Protein: 1.88g (3.76%), Vitamin A: 411.97IU (8.24%), Fiber: 1.87g (7.48%), Copper: 0.11mg (5.69%), Vitamin E: 0.78mg (5.17%), Manganese: 0.1mg (5.11%), Vitamin C: 3.59mg (4.35%), Potassium: 132.03mg (3.77%), Vitamin B3: 0.74mg (3.7%), Iron: 0.64mg (3.57%), Magnesium: 13.61mg (3.4%), Selenium: 2.22µg (3.17%), Vitamin K: 3.23µg (3.08%), Phosphorus: 29.78mg (2.98%), Zinc: 0.3mg (2%), Vitamin B2: 0.03mg (1.8%), Vitamin B5: 0.15mg (1.54%), Vitamin B1: 0.02mg (1.49%), Folate: 5.43µg (1.36%), Vitamin B6: 0.02mg (1.22%)