



## Chocolate-Amaretti Peaches

READY IN



20 min.

SERVINGS



4

CALORIES



158 kcal

DESSERT

### Ingredients

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

### Equipment

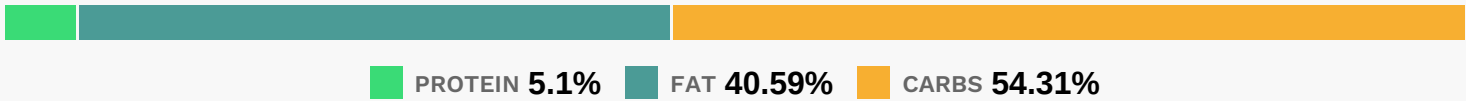
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ 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. Arrange peaches, cut sides up, in an 8-inch square metal baking pan coated with cooking spray. Broil 2 minutes.
- ☐ Remove pan from oven. Carefully fill each peach half with 1 rounded tablespoon cookie crumb mixture.
- ☐ 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:22.56, Glycemic Load:3.03, Inflammation Score:-4, Nutrition Score:3.5913043320179%

## 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: 157.85kcal (7.89%), Fat: 7.42g (11.41%), Saturated Fat: 4.2g (26.24%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 20.17g (7.34%), Sugar: 18.59g (20.66%), Cholesterol: 11.18mg (3.73%), Sodium: 66.95mg (2.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.1mg (2.03%), Protein: 2.1g (4.19%), Fiber: 2.15g (8.61%), Vitamin A: 413.74IU (8.27%), Copper: 0.16mg (7.91%), Manganese: 0.15mg (7.46%), Vitamin E: 0.8mg (5.31%),

Magnesium: 19.84mg (4.96%), Iron: 0.87mg (4.81%), Vitamin C: 3.59mg (4.35%), Potassium: 152.13mg (4.35%), Phosphorus: 39mg (3.9%), Vitamin B3: 0.77mg (3.85%), Selenium: 2.52µg (3.6%), Vitamin K: 3.49µg (3.32%), Zinc: 0.39mg (2.63%), Vitamin B2: 0.03mg (1.9%), Vitamin B5: 0.16mg (1.65%), Vitamin B1: 0.02mg (1.57%), Folate: 5.43µg (1.36%), Vitamin B6: 0.03mg (1.28%), Calcium: 11.58mg (1.16%)