



## Chocolate & ginger baked peaches

READY IN



60 min.

SERVINGS



6

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 6 peaches firm ripe
- ☐ 12 grands flaky refrigerator biscuits
- ☐ 85 g chocolate dark grated finely chopped
- ☐ 3 pieces ginger finely chopped
- ☐ 1 egg yolk
- ☐ 2 tbsp vin santo sweet
- ☐ 1 orange zest finely grated
- ☐ 150 ml wine
- ☐ 50 g butter

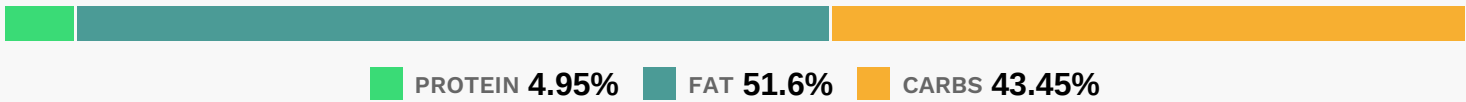
# Equipment

- ☐ bowl
- ☐ oven
- ☐ ziploc bags
- ☐ microwave
- ☐ rolling pin

# Directions

- ☐ Preheat the oven to fan 160C/conventional 180C/gas
- ☐ Butter a large, shallow ovenproof dish.
- ☐ Cut the peaches in half and remove the stones, then stand the peaches cut-side up in the dish.
- ☐ Put the ginger biscuits into a tough plastic bag, seal the bag and bash the biscuits with a rolling pin until theyre roughly crushed. Tip them into a bowl and mix in the chocolate, two-thirds of the chopped ginger, the egg yolk, dessert wine and orange zest until everything is evenly mixed.
- ☐ Divide the mixture equally between the peach halves, mounding it into the holes left by the stones.
- ☐ Pour the white wine around the peaches, dot them with the butter and bake for 20 minutes, or until tender. (This can be made up to a day ahead, kept in the fridge once cool, then gently reheated, in two batches, on Medium in the microwave for 4-5 minutes each batch.) To serve, spoon over the cooking juices and scatter with the remaining ginger.
- ☐ Serve warm.

# Nutrition Facts



# Properties

Glycemic Index:34.54, Glycemic Load:14.45, Inflammation Score:-7, Nutrition Score:9.7934783334317%

# Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg, Petunidin: 0.33mg Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg, Delphinidin: 0.19mg Malvidin: 4.76mg, Malvidin: 4.76mg, Malvidin: 4.76mg, Malvidin: 4.76mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 8.07mg, Catechin: 8.07mg, Catechin: 8.07mg, Catechin: 8.07mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 4.03mg, Epicatechin: 4.03mg, Epicatechin: 4.03mg, Epicatechin: 4.03mg Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg, Epigallocatechin 3–gallate: 0.45mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 351.06kcal (17.55%), Fat: 19.25g (29.61%), Saturated Fat: 9.69g (60.56%), Carbohydrates: 36.46g (12.15%), Net Carbohydrates: 32.18g (11.7%), Sugar: 20.97g (23.3%), Cholesterol: 50.74mg (16.91%), Sodium: 149.8mg (6.51%), Alcohol: 3.38g (100%), Alcohol %: 1.87% (100%), Caffeine: 11.33mg (3.78%), Protein: 4.16g (8.31%), Manganese: 0.49mg (24.57%), Copper: 0.39mg (19.69%), Fiber: 4.28g (17.1%), Iron: 2.97mg (16.53%), Vitamin A: 771.64IU (15.43%), Vitamin E: 1.94mg (12.96%), Magnesium: 51.06mg (12.76%), Phosphorus: 109.14mg (10.91%), Vitamin C: 8.9mg (10.78%), Vitamin B3: 2.08mg (10.39%), Selenium: 7.19µg (10.27%), Potassium: 336.08mg (9.6%), Vitamin B2: 0.15mg (8.57%), Vitamin B1: 0.12mg (8.12%), Vitamin K: 8.44µg (8.04%), Folate: 30.74µg (7.68%), Zinc: 1.03mg (6.86%), Vitamin B5: 0.47mg (4.72%), Vitamin B6: 0.08mg (4.24%), Calcium: 30.79mg (3.08%), Vitamin B12: 0.11µg (1.87%), Vitamin D: 0.16µg (1.08%)