



Fresh Peach Croustades



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



420 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup mint leaves
- ☐ 2 cups peaches peeled sliced
- ☐ 1 sheet puff pastry
- ☐ 0.3 cup sugar
- ☐ 0.3 cup water

Equipment

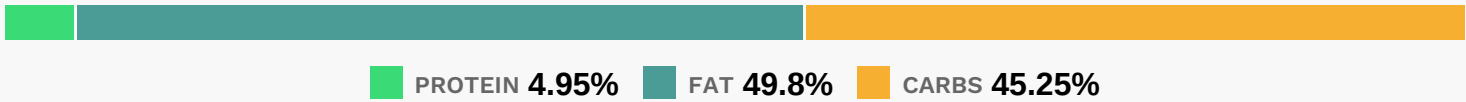
- ☐ bowl
- ☐ baking sheet

- ☐ sauce pan
- ☐ oven
- ☐ blender
- ☐ cookie cutter

Directions

- ☐ Preheat oven to 40
- ☐ Combine sugar and water in a small saucepan. Bring to a boil; cook 1 minute or until sugar dissolves. Cool completely.
- ☐ Place sugar mixture and mint in a blender; process until smooth.
- ☐ Combine mint mixture and sliced peaches in a bowl.
- ☐ Cut 4 (2-inch) circles in puff pastry using a sharp round cookie cutter.
- ☐ Roll each circle of dough into a 4-inch circle on a floured surface.
- ☐ Place on a baking sheet.
- ☐ Bake at 400 for 12 minutes or until golden brown. Top with peach mixture.

Nutrition Facts



Properties

Glycemic Index:41.59, Glycemic Load:26.35, Inflammation Score:-5, Nutrition Score:7.923043411711%

Flavonoids

Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg, Cyanidin: 1.48mg Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg, Catechin: 3.79mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 419.92kcal (21%), Fat: 23.61g (36.32%), Saturated Fat: 5.93g (37.05%), Carbohydrates: 48.27g (16.09%), Net Carbohydrates: 45.97g (16.72%), Sugar: 19.39g (21.54%), Cholesterol: 0mg (0%), Sodium: 164.26mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.55%), Selenium: 16.51µg (23.59%), Manganese: 0.38mg (18.97%), Vitamin B1: 0.26mg (17.64%), Vitamin B3: 3.22mg (16.11%), Folate: 55.6µg (13.9%), Vitamin B2: 0.21mg (12.18%), Vitamin K: 12.17µg (11.59%), Iron: 1.98mg (10.99%), Fiber: 2.3g (9.19%), Vitamin A: 371.11IU (7.42%), Copper: 0.14mg (7.12%), Vitamin E: 0.89mg (5.95%), Phosphorus: 55.74mg (5.57%), Vitamin C: 4.05mg (4.91%), Magnesium: 18.36mg (4.59%), Potassium: 147.56mg (4.22%), Zinc: 0.54mg (3.57%), Vitamin B6: 0.04mg (1.79%), Calcium: 16.61mg (1.66%), Vitamin B5: 0.13mg (1.27%)