



# Glazed Peaches in Phyllo Baskets with Ricotta Cream

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



294 kcal

SIDE DISH

## Ingredients

- 0.5 cup apple jelly cooled melted
- 1.5 tablespoons butter melted
- 3 tablespoons granulated sugar divided
- 3 tablespoons hazelnuts toasted chopped
- 3 cups peaches ripe peeled chopped
- 6 sheets phyllo dough frozen thawed ()
- 1 tablespoon powdered sugar

- 6 servings try build-a-meal
- 0.5 cup whole-milk ricotta cheese
- 1 teaspoon vanilla extract

## Equipment

- bowl
- baking sheet
- oven
- wire rack
- blender
- ramekin
- cutting board

## Directions

- Preheat oven to 350
- Place ricotta, 1 tablespoon granulated sugar, and vanilla in a medium bowl; beat with a mixer at medium speed until well blended. Cover and chill.
- Combine 2 tablespoons granulated sugar and hazelnuts. Stack 2 phyllo sheets on a large cutting board or work surface (cover remaining sheets to prevent drying); brush with half of butter.
- Sprinkle phyllo stack with half of hazelnut mixture. Repeat procedure with 2 phyllo sheets, remaining butter, and remaining hazelnut mixture. Top with remaining 2 phyllo sheets. Gently press phyllo layers together. Lightly coat top phyllo sheet with cooking spray.
- Cut stack into 6 (7 x 6-inch) rectangles. Carefully place 1 layered rectangle into each of 6 (8-ounce) ramekins coated with cooking spray. Gently press rectangles into ramekins to form baskets (phyllo will extend about 1 inch over tops of ramekins).
- Place ramekins on a baking sheet.
- Bake at 350 for 20 minutes or until lightly browned and crisp. Cool in ramekins on a wire rack. Carefully remove phyllo baskets from ramekins. Just before serving, spread about 1 tablespoon cheese mixture into the bottom of each phyllo basket.

- Combine peaches and melted jelly, tossing to coat. Spoon about 1/2 cup peach mixture into each phyllo cup.
- Sprinkle evenly with powdered sugar.
- Serve immediately.

## Nutrition Facts



### Properties

Glycemic Index:49.22, Glycemic Load:21.3, Inflammation Score:-4, Nutrition Score:7.5982608497143%

### Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg, Catechin: 3.85mg Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg, Epigallocatechin: 0.94mg Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg, Epicatechin: 1.81mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg 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: 293.82kcal (14.69%), Fat: 9.98g (15.35%), Saturated Fat: 4.04g (25.23%), Carbohydrates: 46.84g (15.61%), Net Carbohydrates: 44.3g (16.11%), Sugar: 27.9g (31%), Cholesterol: 18.07mg (6.02%), Sodium: 150.87mg (6.56%), Alcohol: 0.23g (100%), Alcohol %: 0.18% (100%), Protein: 5.4g (10.8%), Manganese: 0.53mg (26.38%), Selenium: 10.32µg (14.74%), Vitamin B1: 0.16mg (10.93%), Copper: 0.21mg (10.3%), Fiber: 2.54g (10.15%), Vitamin E: 1.48mg (9.86%), Vitamin B2: 0.16mg (9.55%), Phosphorus: 90.93mg (9.09%), Vitamin A: 431.56IU (8.63%), Folate: 32.84µg (8.21%), Vitamin B3: 1.58mg (7.88%), Iron: 1.39mg (7.74%), Vitamin C: 5.97mg (7.23%), Calcium: 60.86mg (6.09%), Magnesium: 23.2mg (5.8%), Potassium: 194.79mg (5.57%), Zinc: 0.71mg (4.73%), Vitamin K: 4.03µg (3.83%), Vitamin B6: 0.07mg (3.6%), Vitamin B5: 0.29mg (2.9%), Vitamin B12: 0.08µg (1.27%)