



Grilled Amaretti-Stuffed Nectarines

READY IN



17 min.

SERVINGS



10

CALORIES



108 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon almond extract
- 3 tablespoons almonds sliced chopped
- 6 amaretti cookies
- 0.3 cup honey
- 6 but nectarines firm pitted ripe halved
- 2 tablespoons butter unsalted cut into pieces
- 0.3 teaspoon vanilla extract

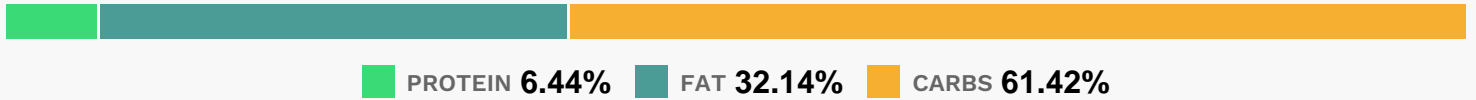
Equipment

- food processor
- grill
- microwave

Directions

- Warm honey in microwave for 15 seconds. Stir in almond and vanilla extracts.
- Pulse amaretti and almonds in food processor until crushed and well combined.
- Add butter and pulse until combined and crumbly. Preheat grill to medium.
- Lightly brush cut sides of nectarines with honey mixture. Oil grill.
- Place nectarines on grill, cut sides down, and cook until grill marks appear, about 2 minutes. Turn over, spoon about 1/2 Tbsp. topping into each nectarine cavity and grill for about 5 minutes longer, until fruit has softened but still retains its shape.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:10.53, Glycemic Load:6.48, Inflammation Score:-3, Nutrition Score:3.1921739079382%

Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg, Catechin: 2.58mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg, Epicatechin: 2.18mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 108.35kcal (5.42%), Fat: 4.15g (6.38%), Saturated Fat: 1.57g (9.81%), Carbohydrates: 17.84g (5.95%), Net Carbohydrates: 16.08g (5.85%), Sugar: 15.82g (17.58%), Cholesterol: 6.02mg (2.01%), Sodium: 19.33mg (0.84%), Alcohol: 0.07g (100%), Alcohol %: 0.09% (100%), Protein: 1.87g (3.74%), Vitamin E: 1.35mg (9.02%), Fiber: 1.76g (7.06%), Vitamin A: 352.87IU (7.06%), Manganese: 0.12mg (6.1%), Vitamin B3: 1.08mg (5.38%), Copper: 0.1mg (5.22%), Magnesium: 16.02mg (4%), Potassium: 138.98mg (3.97%), Phosphorus: 37.6mg (3.76%), Vitamin B2:

0.06mg (3.62%), Vitamin C: 2.51mg (3.05%), Iron: 0.44mg (2.43%), Vitamin B1: 0.04mg (2.35%), Zinc: 0.29mg (1.96%), Vitamin B5: 0.18mg (1.81%), Vitamin K: 1.9µg (1.81%), Folate: 6.69µg (1.67%), Vitamin B6: 0.03mg (1.38%), Calcium: 10.98mg (1.1%)