



Grilled Nectarine Crumble

 Gluten Free

READY IN



40 min.

SERVINGS



6

CALORIES



327 kcal

Ingredients

- 2 tablespoons brandy
- 0.3 cup t brown sugar dark packed
- 2 teaspoons granulated sugar
- 1 teaspoon ground cinnamon
- 0.3 cup honey
- 0.5 teaspoon lemon zest finely grated
- 0.5 cup mascarpone cheese
- 2.5 pounds nectarines firm pitted ripe halved
- 0.8 cup roasted salted finely chopped

- 2 tablespoons butter unsalted at room temperature ()
- 0.5 teaspoon vanilla extract

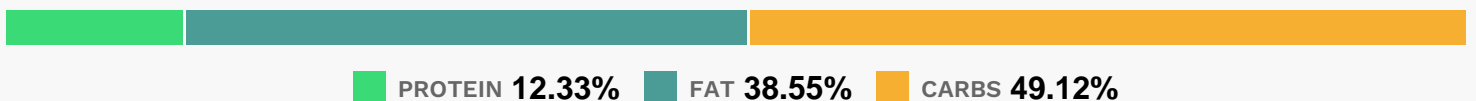
Equipment

- bowl
- baking sheet
- whisk
- grill
- spatula
- grill pan

Directions

- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). Stir together the mascarpone cheese, sugar, and lemon zest in a small bowl until evenly combined, then set aside. Meanwhile, place the pecans, brown sugar, butter, and cinnamon in a medium bowl and pinch the mixture together with your fingers until moist and crumbly; set aside.
- Whisk the honey, brandy, and vanilla together in a small bowl; set aside. When the grill is ready, place the nectarines on a baking sheet and brush both sides with the honey mixture, using all of it.
- Place the nectarines cut-side down on the grill (reserve the baking sheet). Cover the grill and cook until grill marks appear on the bottom, about 2 to 3 minutes. Using a flat metal spatula, flip the nectarines. Divide the pecan mixture among the nectarine halves, using all of it (about 1 heaping tablespoon per half). Cover the grill and cook until grill marks appear on the second side and the nectarines begin to soften, about 3 to 4 minutes more.
- Remove the nectarines to the reserved baking sheet.
- Serve immediately or at room temperature, topping with the lemon-mascarpone mixture just before serving.

Nutrition Facts



Properties

Glycemic Index:30.89, Glycemic Load:13.25, Inflammation Score:-6, Nutrition Score:8.4160869017891%

Flavonoids

Cyanidin: 4.03mg, Cyanidin: 4.03mg, Cyanidin: 4.03mg, Cyanidin: 4.03mg Catechin: 5.63mg, Catechin: 5.63mg, Catechin: 5.63mg, Catechin: 5.63mg Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg, Epicatechin: 4.8mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 326.9kcal (16.34%), Fat: 13.96g (21.48%), Saturated Fat: 8.02g (50.11%), Carbohydrates: 40.02g (13.34%), Net Carbohydrates: 36.97g (13.44%), Sugar: 36.79g (40.88%), Cholesterol: 47.41mg (15.8%), Sodium: 53.15mg (2.31%), Alcohol: 1.78g (100%), Alcohol %: 0.83% (100%), Protein: 10.05g (20.09%), Vitamin A: 1007.66IU (20.15%), Vitamin B3: 3.85mg (19.26%), Vitamin B6: 0.28mg (13.94%), Vitamin B1: 0.2mg (13.07%), Fiber: 3.06g (12.23%), Selenium: 8.48µg (12.12%), Phosphorus: 118.18mg (11.82%), Potassium: 381.17mg (10.89%), Copper: 0.18mg (9.25%), Manganese: 0.18mg (9.07%), Vitamin E: 1.31mg (8.72%), Vitamin C: 5.78mg (7.01%), Vitamin B2: 0.11mg (6.73%), Magnesium: 26.16mg (6.54%), Zinc: 0.98mg (6.51%), Vitamin B5: 0.6mg (5.99%), Iron: 0.88mg (4.91%), Calcium: 44.7mg (4.47%), Vitamin K: 4.21µg (4.01%), Folate: 11.9µg (2.97%), Vitamin B12: 0.16µg (2.65%), Vitamin D: 0.19µg (1.26%)