



Grilled Peach and Caramel Crostata

READY IN



65 min.

SERVINGS



6

CALORIES



410 kcal

DESSERT

Ingredients

- ☐ 2 teaspoons thyme leaves fresh chopped
- ☐ 1 cup heavy whipping cream
- ☐ 0.1 teaspoon kosher salt
- ☐ 1.5 teaspoons juice of lemon (from)
- ☐ 1 teaspoon olive oil for the grill pan
- ☐ 1 pound peaches fresh frozen thawed pitted peeled halved (2 large 10-ounce bag peaches,)
- ☐ 1 9-inch round unroll-and-bake pie crust refrigerated thawed
- ☐ 1 tablespoon powdered sugar
- ☐ 1 pinch sea salt fine

- ☐ 0.3 cup sugar
- ☐ 2 tablespoons butter unsalted at room temperature
- ☐ 1 teaspoon vanilla extract pure
- ☐ 1 teaspoon balsamic vinegar white

Equipment

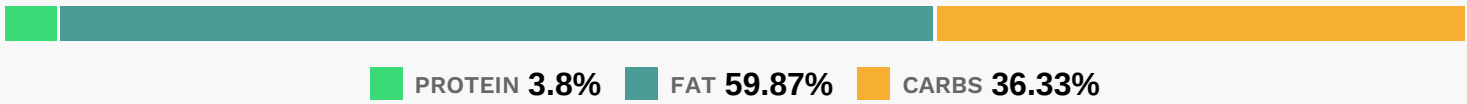
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ hand mixer
- ☐ grill
- ☐ grill pan

Directions

- ☐ For the crostata: Preheat the oven to 375 degrees F.
- ☐ Place the pie crust on a parchment-lined baking sheet.
- ☐ Place a grill pan over medium-high heat or preheat a gas or charcoal grill.
- ☐ Drizzle the oil over the grill pan.
- ☐ Drizzle the peach halves with the balsamic vinegar, then grill flat-side down until softened and grill-marked, 3 to 4 minutes. Slice the peaches into wedges and arrange in a circle over the crust, leaving a 2-inch border. Fold the dough border over the filling to form an 8-inch round. Pleat the edge of the pastry and pinch to seal any cracks in the dough.
- ☐ Combine the sugar and 2 tablespoons water in a small saucepan and cook without stirring until it has become a deep amber color, about 5 minutes.
- ☐ Remove from the heat and slowly whisk in the butter, lemon juice and salt. Immediately pour the caramel over the peach slices.
- ☐ Bake the crostata until golden, 20 to 25 minutes.

- ☐
- For the thyme whipped cream: Meanwhile, combine the heavy cream, sugar, vanilla and salt in the bowl of an electric mixer. Whip until the cream has soft peaks, about 2 minutes. Gently fold in the thyme.
- ☐
- Let the crostata cool for 15 minutes to let the caramel settle, then cut into wedges and serve with a dollop of thyme whipped cream.

Nutrition Facts



Properties

Glycemic Index:34.22, Glycemic Load:10.48, Inflammation Score:-8, Nutrition Score:6.304782618647%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg, Catechin: 3.72mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg, Epicatechin: 1.77mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 409.87kcal (20.49%), Fat: 27.72g (42.64%), Saturated Fat: 14.35g (89.69%), Carbohydrates: 37.84g (12.61%), Net Carbohydrates: 35.78g (13.01%), Sugar: 20.14g (22.37%), Cholesterol: 54.86mg (18.29%), Sodium: 212.77mg (9.25%), Alcohol: 0.23g (100%), Alcohol %: 0.17% (100%), Protein: 3.95g (7.91%), Vitamin A: 978.25IU (19.57%), Manganese: 0.21mg (10.45%), Vitamin B2: 0.16mg (9.56%), Vitamin E: 1.28mg (8.51%), Fiber: 2.06g (8.26%), Vitamin B1: 0.12mg (7.91%), Vitamin B3: 1.55mg (7.76%), Folate: 30.15µg (7.54%), Iron: 1.3mg (7.22%), Selenium: 4.8µg (6.86%), Phosphorus: 65.76mg (6.58%), Vitamin K: 6.7µg (6.38%), Vitamin C: 4.89mg (5.93%), Potassium: 170.9mg (4.88%), Copper: 0.09mg (4.73%), Vitamin D: 0.7µg (4.7%), Calcium: 39.9mg (3.99%), Magnesium: 15.24mg (3.81%), Vitamin B5: 0.36mg (3.62%), Zinc: 0.44mg (2.93%), Vitamin B6: 0.05mg (2.63%), Vitamin B12: 0.07µg (1.19%)