



Grilled Peaches with Almond Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



182 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup almonds divided toasted sliced
- 3 tablespoons amaretto (almond-flavored liqueur)
- 8 ounce block softened
- 1.5 pounds peaches firm pitted ripe halved
- 2 tablespoons sugar
- 1 teaspoon vanilla extract

Equipment

- food processor

bowl

grill

Directions

Prepare grill.

Combine peaches and amaretto in a large bowl, tossing gently to coat.

Let stand 15 minutes.

While peaches stand, place 2 tablespoons almonds and sugar in a food processor; process 3 minutes or until a paste forms.

Add cream cheese and vanilla; process until smooth.

Remove peaches from bowl, reserving amaretto.

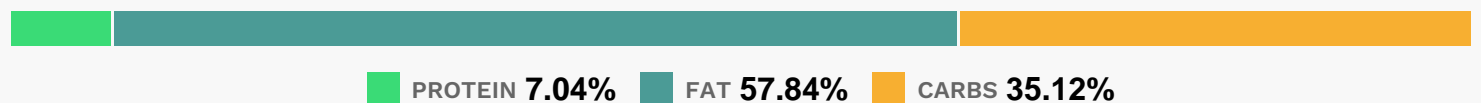
Place peaches, cut sides down, on grill rack coated with cooking spray; brush peaches with reserved amaretto. Grill 5 to 6 minutes on each side or until tender, basting occasionally with amaretto.

Place peach halves on dessert plates; spoon 2 tablespoons almond cream into center of each peach half, and sprinkle evenly with remaining 2 tablespoons almonds.

Serve warm.

Note: You may substitute 1/4 teaspoon almond extract plus 3 tablespoons water for the amaretto, if desired.

Nutrition Facts



Properties

Glycemic Index:18.42, Glycemic Load:5.49, Inflammation Score:-5, Nutrition Score:4.4278261143228%

Flavonoids

Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg, Cyanidin: 1.7mg Catechin: 4.22mg, Catechin: 4.22mg, Catechin: 4.22mg, Catechin: 4.22mg Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg, Epigallocatechin: 0.96mg Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg, Epicatechin: 2.01mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg 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: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 181.9kcal (9.1%), Fat: 11.44g (17.61%), Saturated Fat: 5.86g (36.61%), Carbohydrates: 15.64g (5.21%), Net Carbohydrates: 14g (5.09%), Sugar: 13.2g (14.66%), Cholesterol: 28.63mg (9.54%), Sodium: 100.63mg (4.38%), Alcohol: 1.63g (100%), Alcohol %: 1.65% (100%), Protein: 3.13g (6.27%), Vitamin A: 658.02IU (13.16%), Vitamin E: 1.6mg (10.67%), Vitamin B2: 0.13mg (7.42%), Fiber: 1.64g (6.54%), Phosphorus: 63.24mg (6.32%), Selenium: 4.38µg (6.25%), Manganese: 0.12mg (6.15%), Copper: 0.1mg (5.19%), Potassium: 164.74mg (4.71%), Magnesium: 17.35mg (4.34%), Vitamin C: 3.49mg (4.23%), Vitamin B3: 0.83mg (4.13%), Calcium: 38.78mg (3.88%), Vitamin B5: 0.31mg (3.05%), Vitamin K: 3.15µg (3%), Zinc: 0.43mg (2.86%), Iron: 0.43mg (2.4%), Folate: 8.92µg (2.23%), Vitamin B1: 0.03mg (2.21%), Vitamin B6: 0.04mg (2.06%), Vitamin B12: 0.06µg (1.04%)