



Grilled Peaches with Amaretto-Pecan Caramel Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



303 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons amaretto (almond-flavored liqueur)
- ☐ 0.5 cup apple cider
- ☐ 1 tablespoon brown sugar
- ☐ 1 teaspoon butter chilled
- ☐ 1 cup granulated sugar
- ☐ 3 pounds peaches firm pitted ripe halved
- ☐ 0.3 cup pecans toasted chopped

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup water

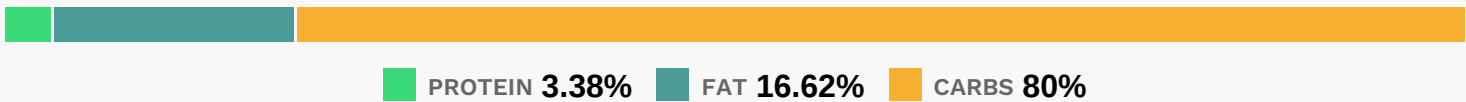
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ wooden spoon
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine granulated sugar and 1/3 cup water in a medium, heavy saucepan over medium-high heat; cook until sugar dissolves, stirring gently as needed to dissolve sugar evenly. Continue cooking 8 minutes or until golden brown (do not stir); gently tilt pan and swirl mixture to evenly brown.
- ☐ Remove from heat. Slowly add cider, amaretto, and butter, stirring constantly with a long-handled wooden spoon (mixture will bubble vigorously). Cook over medium-low heat 5 minutes or until smooth. Stir in pecans.
- ☐ Remove from heat.
- ☐ Sprinkle cut sides of peaches evenly with brown sugar and salt.
- ☐ Place peaches, cut sides up, on a grill rack coated with cooking spray; grill 2 minutes on each side or until tender.
- ☐ Serve warm with sauce.

Nutrition Facts



Properties

Glycemic Index:35.18, Glycemic Load:32.04, Inflammation Score:-6, Nutrition Score:7.4726086189242%

Flavonoids

Cyanidin: 5.01mg, Cyanidin: 5.01mg, Cyanidin: 5.01mg, Cyanidin: 5.01mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Catechin: 11.84mg, Catechin: 11.84mg, Catechin: 11.84mg, Catechin: 11.84mg Epigallocatechin: 2.7mg, Epigallocatechin: 2.7mg, Epigallocatechin: 2.7mg, Epigallocatechin: 2.7mg Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg, Epicatechin: 6.28mg Epigallocatechin 3–gallate: 0.82mg, Epigallocatechin 3–gallate: 0.82mg, Epigallocatechin 3–gallate: 0.82mg, Epigallocatechin 3–gallate: 0.82mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 303.45kcal (15.17%), Fat: 5.8g (8.92%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 62.74g (20.91%), Net Carbohydrates: 58.72g (21.35%), Sugar: 57.98g (64.42%), Cholesterol: 1.79mg (0.6%), Sodium: 134.47mg (5.85%), Alcohol: 1.3g (100%), Alcohol %: 0.54% (100%), Protein: 2.65g (5.31%), Manganese: 0.43mg (21.46%), Fiber: 4.02g (16.09%), Vitamin A: 763.77IU (15.28%), Copper: 0.26mg (12.97%), Vitamin E: 1.76mg (11.74%), Vitamin C: 9.54mg (11.57%), Vitamin B3: 1.92mg (9.61%), Potassium: 326.43mg (9.33%), Selenium: 5.26µg (7.51%), Phosphorus: 68.63mg (6.86%), Vitamin K: 7.07µg (6.74%), Magnesium: 26.93mg (6.73%), Vitamin B1: 0.1mg (6.58%), Iron: 0.98mg (5.46%), Zinc: 0.81mg (5.38%), Vitamin B2: 0.09mg (5.22%), Vitamin B5: 0.41mg (4.12%), Folate: 14.98µg (3.75%), Vitamin B6: 0.07mg (3.69%), Calcium: 17.58mg (1.76%)