

Grilled Peaches with Mascarpone Cheese

 Vegetarian  Gluten Free

READY IN

ready

35 min.

SERVINGS

servings

6

CALORIES

calories

292 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 0.8 cup cooking wine dry white
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 0.5 cup mascarpone cheese room temperature
- ☐ 6 servings olive oil
- ☐ 3 but peaches firm pitted ripe quartered
- ☐ 2 tablespoons sugar
- ☐ 0.3 teaspoon vanilla extract

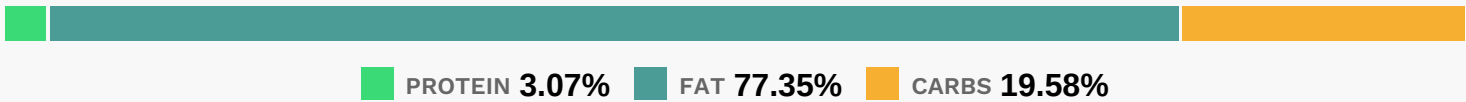
Equipment

- ☐ bowl
- ☐ baking pan
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Place a grill pan over medium-high heat or prepare the barbecue (medium-high heat). Lightly brush the grill pan or rack with oil.
- ☐ Place the peaches on the grill pan and do not move the peaches, otherwise you will not have those great grill marks. It takes about 2 to 3 minutes per side to get those grill marks. Grill the peaches until the grill marks are formed, slightly softened and heated through, about 5 to 6 minutes total.
- ☐ Meanwhile, stir the sugar, brandy, and lemon juice in a medium bowl to blend. Set the brandy mixture aside.
- ☐ As the peaches are ready, remove them from the grill and place them in a shallow baking dish. Top them with the brandy mixture, and toss to coat. Set aside for 15 minutes and allow to marinate, tossing occasionally.
- ☐ Meanwhile, stir the mascarpone and vanilla in a small bowl to blend.
- ☐ Divide the grilled peach mixture equally among 6 coupe dishes.
- ☐ Pour the wine over the peaches. Dollop the mascarpone mixture atop the peaches, and serve.

Nutrition Facts



Properties

Glycemic Index:23.39, Glycemic Load:5.51, Inflammation Score:-5, Nutrition Score:3.5652174327684%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg, Catechin: 3.92mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg, Epicatechin: 1.92mg Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg, Epigallocatechin 3–gallate: 0.22mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 292.21kcal (14.61%), Fat: 22.66g (34.86%), Saturated Fat: 7.2g (44.98%), Carbohydrates: 12.91g (4.3%), Net Carbohydrates: 11.78g (4.28%), Sugar: 10.66g (11.84%), Cholesterol: 18.75mg (6.25%), Sodium: 21.97mg (0.96%), Alcohol: 4.82g (100%), Alcohol %: 4.09% (100%), Protein: 2.02g (4.05%), Vitamin E: 2.57mg (17.11%), Vitamin K: 10.8µg (10.28%), Vitamin A: 507.15IU (10.14%), Vitamin C: 4.04mg (4.9%), Fiber: 1.13g (4.53%), Manganese: 0.08mg (4.13%), Potassium: 115.94mg (3.31%), Calcium: 32.3mg (3.23%), Vitamin B3: 0.64mg (3.2%), Copper: 0.06mg (3.08%), Iron: 0.42mg (2.34%), Selenium: 1.63µg (2.33%), Magnesium: 9.17mg (2.29%), Phosphorus: 22.31mg (2.23%), Vitamin B6: 0.04mg (1.75%), Vitamin B2: 0.03mg (1.72%), Zinc: 0.21mg (1.42%), Vitamin B1: 0.02mg (1.36%), Folate: 5.3µg (1.33%), Vitamin B5: 0.13mg (1.32%)