




## Grilled White California Peaches with Almond-Mint Pesto

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



388 kcal

SIDE DISH

### Ingredients

- 0.5 cup skin-on almonds
- 2 tablespoons canola oil
- 0.5 cup mint leaves fresh packed plus more for garnish
- 0.3 cup honey
- 1 cup mascarpone cheese
- 6 just-under-ripe peaches white pitted halved

### Equipment

food processor

grill

## Directions

Watch how to make this recipe.

Combine the almonds, mint and honey in a food processor and process until smooth.

Preheat the grill for high heat direct grilling.

Brush the cut side of the peaches with canola oil and grill until golden brown and caramelized, about 1 1/2 minutes. Flip and continue grilling until just heated through, about 1 minute longer. Arrange the halves on a platter, cut-side up. Spoon some pesto into the pit hollows and then top with a little dollop of mascarpone.

Garnish with torn mint leaves and serve immediately.

## Nutrition Facts



**PROTEIN 6.69%** **FAT 62.71%** **CARBS 30.6%**

## Properties

Glycemic Index:17.09, Glycemic Load:11.37, Inflammation Score:-7, Nutrition Score:9.3713043047034%

## Flavonoids

Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg, Cyanidin: 3.17mg Catechin: 7.53mg, Catechin: 7.53mg, Catechin: 7.53mg, Catechin: 7.53mg Epigallocatechin: 1.87mg, Epigallocatechin: 1.87mg, Epigallocatechin: 1.87mg, Epigallocatechin: 1.87mg Epicatechin: 3.58mg, Epicatechin: 3.58mg, Epicatechin: 3.58mg, Epicatechin: 3.58mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg, Eriodictyol: 1.19mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg, Isorhamnetin: 0.31mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## Nutrients (% of daily need)

Calories: 387.57kcal (19.38%), Fat: 27.93g (42.97%), Saturated Fat: 11.33g (70.84%), Carbohydrates: 30.67g (10.22%), Net Carbohydrates: 26.6g (9.67%), Sugar: 24.7g (27.44%), Cholesterol: 37.5mg (12.5%), Sodium: 41.97mg (1.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.4%), Vitamin E: 4.96mg (33.08%), Vitamin A:

1173.42IU (23.47%), Manganese: 0.42mg (20.96%), Fiber: 4.07g (16.27%), Copper: 0.26mg (12.86%), Magnesium: 47.46mg (11.86%), Vitamin B2: 0.2mg (11.63%), Calcium: 100.52mg (10.05%), Phosphorus: 93.62mg (9.36%), Vitamin C: 7.41mg (8.99%), Vitamin B3: 1.72mg (8.61%), Potassium: 299.03mg (8.54%), Vitamin K: 7.83µg (7.45%), Iron: 1.2mg (6.68%), Selenium: 3.75µg (5.36%), Zinc: 0.79mg (5.26%), Folate: 18.8µg (4.7%), Vitamin B1: 0.06mg (4.23%), Vitamin B6: 0.06mg (3.1%), Vitamin B5: 0.31mg (3.08%)