



Individual Peach-and-Almond Gratins

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almond paste crumbled
- ☐ 2 tablespoons butter chilled cut into small pieces
- ☐ 2 tablespoons flour all-purpose
- ☐ 0.3 cup granulated sugar
- ☐ 0.3 teaspoon ground cardamom
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 2 teaspoons lemon rind grated
- ☐ 2 tablespoons brown sugar light

- ☐ 1.5 pounds peaches ripe peeled cut into thin wedges (3 cups) (3 large)
- ☐ 0.5 cup quick-cooking oats
- ☐ 0.3 cup slivered almonds

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ blender
- ☐ ramekin
- ☐ baking pan

Directions

- ☐ Combine granulated sugar and next 3 ingredients in a large bowl, and stir until mixture is smooth.
- ☐ Add the peaches, and toss to coat. Divide mixture evenly among 4 (6-ounce) ramekins or baking dishes. (To allow extra room for ice cream, use 8-ounce ramekins.)
- ☐ Combine the oats and next 3 ingredients in a medium bowl.
- ☐ Cut in butter with a pastry blender or two knives until mixture resembles coarse meal. Stir in almonds.
- ☐ Sprinkle oat mixture evenly over peaches.
- ☐ Place ramekins on a baking sheet, and bake at 375 for 20 minutes or until topping is browned and peaches are bubbly.
- ☐ Serve warm or at room temperature. Top each serving with a scoop of ice cream, if desired.
- ☐ Shortcut Savvy: To save prep time, or if peaches aren't in season, substitute 1 (16-ounce) package of frozen sliced peaches, thawed and undrained. To omit almond paste, stir 1 teaspoon almond extract into the sugar mixture before tossing with the peaches. Then increase the oats to 3/4 cup and the butter to 3 tablespoons in the topping. Simplify by baking the entire dessert in an 8-inch square baking dish.

Nutrition Facts



 PROTEIN **6.65%**  FAT **34.64%**  CARBS **58.71%**

Properties

Glycemic Index:78.84, Glycemic Load:20.62, Inflammation Score:-7, Nutrition Score:12.367391190451%

Flavonoids

Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg, Cyanidin: 3.43mg Catechin: 8.46mg, Catechin: 8.46mg, Catechin: 8.46mg, Catechin: 8.46mg Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg, Epigallocatechin: 1.94mg Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg, Epicatechin: 4.02mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 350.38kcal (17.52%), Fat: 14.24g (21.9%), Saturated Fat: 4.38g (27.39%), Carbohydrates: 54.29g (18.1%), Net Carbohydrates: 49g (17.82%), Sugar: 38.38g (42.65%), Cholesterol: 15.05mg (5.02%), Sodium: 70.81mg (3.08%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.15g (12.31%), Manganese: 0.88mg (44.05%), Vitamin E: 5.13mg (34.23%), Fiber: 5.29g (21.17%), Magnesium: 80.03mg (20.01%), Phosphorus: 159.82mg (15.98%), Copper: 0.32mg (15.79%), Vitamin A: 730.46IU (14.61%), Vitamin C: 11.21mg (13.58%), Selenium: 9.39µg (13.42%), Vitamin B2: 0.23mg (13.29%), Vitamin B3: 2.14mg (10.72%), Potassium: 362.47mg (10.36%), Vitamin B1: 0.15mg (10.23%), Iron: 1.78mg (9.9%), Folate: 35.54µg (8.88%), Zinc: 1.19mg (7.92%), Calcium: 63.74mg (6.37%), Vitamin K: 5.93µg (5.65%), Vitamin B5: 0.43mg (4.25%), Vitamin B6: 0.08mg (3.84%)