



Macaroon-Baked Peaches



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

Ingredients

- ☐ 1 cup coconut macaroon crumbs (6 cookies)
- ☐ 0.3 cup dates pitted chopped
- ☐ 1 tablespoon juice of lemon
- ☐ 1.5 pounds peaches

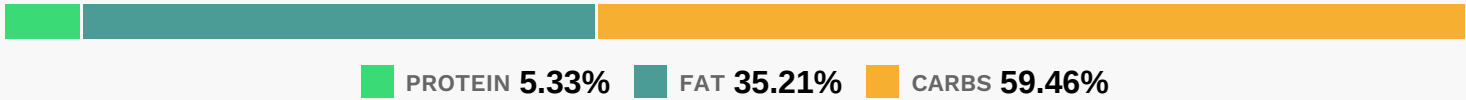
Equipment

- ☐ oven
- ☐ knife

Directions

- ☐ Preheat oven to 35
- ☐ Remove stems from peaches. Peel top third of each peach. Using a small knife, cut around stem end and pit to loosen and remove pit, leaving bottom intact. If necessary, slice about 1/4 inch from bases of peaches so they will sit flat; brush peaches with lemon juice.
- ☐ Spoon 1 tablespoon dates into cavity of each peach. Gently press 1/4 cup macaroon crumbs onto top of each peach.
- ☐ Place peaches in a 1 1/2-quart casserole. Cover and bake at 350 for 30 minutes or until peaches are tender. Uncover and bake an additional 8 minutes or until crumbs are golden brown.

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:9.21, Inflammation Score:-5, Nutrition Score:6.9613043588141%

Flavonoids

Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg, Cyanidin: 3.42mg Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epigallocatechin: 1.77mg Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 168.97kcal (8.45%), Fat: 7.2g (11.08%), Saturated Fat: 5.98g (37.35%), Carbohydrates: 27.37g (9.12%), Net Carbohydrates: 22.27g (8.1%), Sugar: 21.44g (23.82%), Cholesterol: 0mg (0%), Sodium: 26.33mg (1.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.9%), Manganese: 0.43mg (21.41%), Fiber: 5.1g (20.39%), Copper: 0.24mg (11.96%), Vitamin A: 555.66IU (11.11%), Vitamin C: 9.12mg (11.06%), Potassium: 342.85mg (9.8%), Vitamin E: 1.3mg (8.67%), Selenium: 5.87µg (8.39%), Vitamin B3: 1.6mg (8%), Phosphorus: 66.02mg (6.6%), Iron: 1.16mg (6.45%), Magnesium: 24.18mg (6.05%), Vitamin K: 5.39µg (5.13%), Folate: 17.9µg (4.48%), Zinc: 0.64mg (4.26%), Vitamin B1: 0.06mg (3.98%), Vitamin B5: 0.38mg (3.79%), Vitamin B2: 0.06mg (3.73%), Vitamin B6: 0.07mg (3.51%),

Calcium: 13.41mg (1.34%)