



Nectarine and Almond Crisp

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



407 kcal

DESSERT

Ingredients

- ☐ 0.8 cup flour
- ☐ 0.3 cup almond paste crumbled
- ☐ 1.5 cups almonds sliced
- ☐ 0.5 cup apricot preserves
- ☐ 0.5 cup brown sugar divided packed ()
- ☐ 1.3 teaspoons ground cardamom divided
- ☐ 1 teaspoon ground ginger divided
- ☐ 8 cups nectarines cut into 8 wedges

- ☐ 0.3 teaspoon salt
- ☐ 6 tablespoons butter unsalted chilled cut into 1/2-inch cubes ()

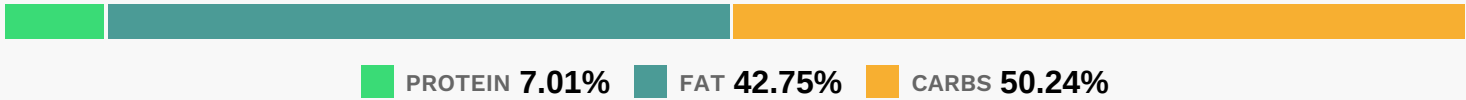
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ glass baking pan

Directions

- ☐ Preheat oven to 400°F. Butter 11 x 7 x 2-inch glass baking dish. Blend 3/4 cup flour, 1/4 cup brown sugar, 3/4 teaspoon cardamom, 1/2 teaspoon ginger, and salt in processor.
- ☐ Add almond paste and process until fine crumbs form.
- ☐ Add butter and process using on/off turns until mixture begins to clump together.
- ☐ Transfer to bowl.
- ☐ Mix in almonds.
- ☐ Toss nectarine wedges, apricot preserves, remaining 1 tablespoon flour, 1/4 cup sugar, 1/2 teaspoon cardamom, and 1/2 teaspoon ginger in large bowl to coat.
- ☐ Transfer to prepared baking dish; sprinkle topping over.
- ☐ Bake until topping is golden, nectarines are tender, and juices are bubbling around edges, about 40 minutes. Cool at least 20 minutes before serving.
- ☐ One serving contains the following (analysis includes 1/3 cup vanilla ice cream: 505.75 Calories (kcal), 44.0% Calories from Fat, 24.75 (g) Fat, 8.92 (g)
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:16.63, Glycemic Load:11.36, Inflammation Score:-7, Nutrition Score:13.184782486895%

Flavonoids

Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg, Cyanidin: 3.47mg Catechin: 4.53mg, Catechin: 4.53mg, Catechin: 4.53mg, Catechin: 4.53mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg, Epicatechin: 3.78mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 406.75kcal (20.34%), Fat: 20.32g (31.26%), Saturated Fat: 6.33g (39.54%), Carbohydrates: 53.73g (17.91%), Net Carbohydrates: 48.49g (17.63%), Sugar: 35.26g (39.18%), Cholesterol: 22.58mg (7.53%), Sodium: 103.56mg (4.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.5g (15%), Vitamin E: 6.84mg (45.57%), Manganese: 0.82mg (40.92%), Fiber: 5.24g (20.96%), Vitamin B2: 0.34mg (20.01%), Magnesium: 77.61mg (19.4%), Copper: 0.38mg (19.01%), Phosphorus: 161.7mg (16.17%), Vitamin B3: 3.1mg (15.52%), Vitamin A: 767.72IU (15.35%), Vitamin B1: 0.19mg (12.33%), Folate: 45.15µg (11.29%), Potassium: 395.02mg (11.29%), Iron: 2.03mg (11.28%), Calcium: 85.71mg (8.57%), Selenium: 5.78µg (8.26%), Zinc: 1.12mg (7.44%), Vitamin C: 5.53mg (6.7%), Vitamin B5: 0.44mg (4.41%), Vitamin B6: 0.08mg (3.96%), Vitamin K: 3.63µg (3.46%), Vitamin D: 0.16µg (1.05%)