



Nectarine-and-Toasted Almond Blend

 Vegetarian  Gluten Free

READY IN



21 min.

SERVINGS



15

CALORIES



128 kcal

Ingredients

- ☐ 2 tablespoons butter
- ☐ 2.8 lb nectarines peeled
- ☐ 0.8 teaspoon salt
- ☐ 0.8 cup slivered almonds
- ☐ 1 cup sugar

Equipment

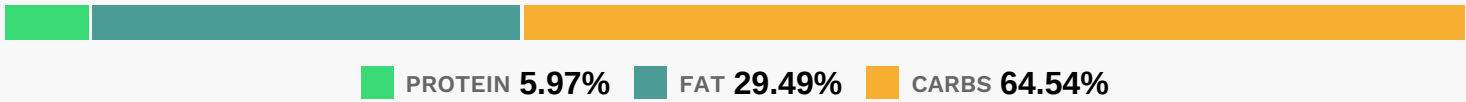
- ☐ food processor
- ☐ bowl
- ☐ frying pan

☐ sieve

Directions

- ☐ Process nectarines and sugar in a food processor 30 to 45 seconds.
- ☐ Transfer to a large bowl; cover and chill 2 hours.
- ☐ Melt butter over medium-low heat in a medium skillet; add almonds and salt. Cook almonds, stirring frequently, 3 to 5 minutes or until toasted and golden.
- ☐ Pour nut mixture through a fine wire-mesh strainer, shaking to remove excess butter and salt. Stir almonds into nectarine mixture; cover and chill until ready to use.

Nutrition Facts



Properties

Glycemic Index:11.54, Glycemic Load:12.1, Inflammation Score:-3, Nutrition Score:3.7600000379202%

Flavonoids

Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg, Cyanidin: 1.9mg Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg, Catechin: 2.55mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg, Epicatechin: 2.14mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 128.42kcal (6.42%), Fat: 4.48g (6.9%), Saturated Fat: 1.16g (7.28%), Carbohydrates: 22.08g (7.36%), Net Carbohydrates: 20.16g (7.33%), Sugar: 20.1g (22.34%), Cholesterol: 4.01mg (1.34%), Sodium: 139.27mg (6.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.04g (4.08%), Vitamin E: 1.93mg (12.89%), Manganese: 0.17mg (8.46%), Fiber: 1.92g (7.69%), Vitamin A: 322.79IU (6.46%), Copper: 0.12mg (6.24%), Vitamin B3: 1.13mg (5.64%), Magnesium: 22.1mg (5.53%), Vitamin B2: 0.09mg (5.13%), Phosphorus: 48.04mg (4.8%), Potassium: 149.26mg (4.26%), Vitamin C: 2.41mg (2.92%), Vitamin B1: 0.04mg (2.63%), Iron: 0.46mg (2.54%), Zinc: 0.35mg (2.31%), Folate: 7.42µg (1.86%), Vitamin B5: 0.18mg (1.81%), Vitamin K: 1.79µg (1.71%), Calcium: 16.84mg (1.68%), Vitamin B6: 0.03mg (1.41%)