



Nectarine Betty

 Dairy Free

READY IN



67 min.

SERVINGS



6

CALORIES



223 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons apple juice unsweetened
- ☐ 5 cups nectarines unpeeled thinly sliced 6 nectarines
- ☐ 4 oatmeal cookies soft such as Archway
- ☐ 2 tablespoons raisins
- ☐ 2 tablespoons stick margarine melted
- ☐ 0.5 cup sugar
- ☐ 2 ounce bread white

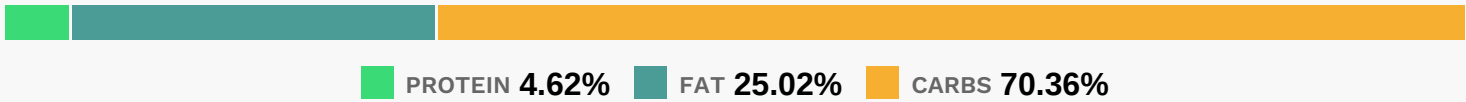
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven

Directions

- ☐ Combine first 4 ingredients in a large bowl; mix gently. Set aside.
- ☐ Add bread slices to food processor bowl; process until crumbs are fine.
- ☐ Remove breadcrumbs from processor bowl; set aside.
- ☐ Place cookies in processor bowl; pulse 8 times or until crumbs are coarse.
- ☐ Combine cookie crumbs, breadcrumbs, and butter in a medium bowl; toss with a fork.
- ☐ Sprinkle 1/2 cup crumb mixture in bottom of 1 1/2- quart casserole or souffl dish coated with cooking spray. Top with half of nectarine mixture; sprinkle with 3/4 cup crumb mixture, and top with remaining nectarine mixture.
- ☐ Sprinkle with remaining crumb mixture.
- ☐ Cover and bake at 350 for 35 minutes or until fruit is tender. Uncover and bake 15 additional minutes or until bubbly.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:58.57, Glycemic Load:23.88, Inflammation Score:-5, Nutrition Score:5.0600000600452%

Flavonoids

Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg, Cyanidin: 2.54mg Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg, Catechin: 3.61mg Epicatechin: 3.26mg, Epicatechin: 3.26mg, Epicatechin: 3.26mg, Epicatechin: 3.26mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 222.96kcal (11.15%), Fat: 6.47g (9.96%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 40.97g (13.66%), Net Carbohydrates: 38.53g (14.01%), Sugar: 28.46g (31.62%), Cholesterol: 0mg (0%), Sodium: 132.35mg (5.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.69g (5.38%), Vitamin A: 577.82IU (11.56%), Vitamin B3: 2.06mg

(10.32%), Fiber: 2.44g (9.77%), Manganese: 0.17mg (8.33%), Vitamin B1: 0.12mg (7.94%), Vitamin E: 1.06mg (7.09%), Copper: 0.13mg (6.62%), Potassium: 221.73mg (6.34%), Folate: 23.24µg (5.81%), Iron: 1.02mg (5.65%), Vitamin B2: 0.09mg (5.34%), Phosphorus: 51.3mg (5.13%), Vitamin C: 3.78mg (4.58%), Magnesium: 16.11mg (4.03%), Selenium: 2.74µg (3.92%), Vitamin B5: 0.3mg (3%), Vitamin K: 3.14µg (2.99%), Vitamin B6: 0.05mg (2.7%), Calcium: 26.63mg (2.66%), Zinc: 0.38mg (2.52%)