



Nectarine & pistachio crunch layers

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



313 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 50 g breadcrumbs fresh
- 25 g oats
- 50 g little demerara sugar
- 25 g pistachios shelled finely chopped
- 500 g custard sauce fresh low-fat
- 500 g nonfat greek yogurt 0%
- 2 tbsp maple syrup
- 4 nectarines ripe thinly sliced

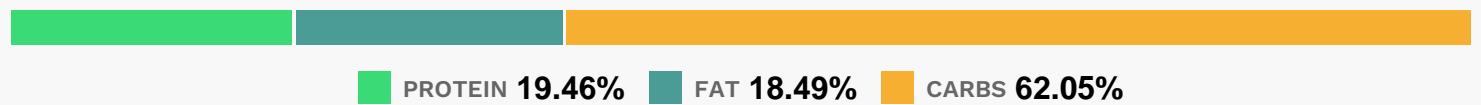
Equipment

- oven
- mixing bowl
- baking pan

Directions

- Heat oven to 180C/160C fan/gas
- Mix breadcrumbs, porridge oats, sugar and pistachios together and spread out in an even layer on a baking parchment-lined baking tray.
- Bake for 8 mins, stirring half way, until crisp and golden brown. Cool.
- Gradually beat the custard into the yogurt in a mixing bowl. Sweeten with the syrup or honey. Using dessert glasses or pots, layer up the pistachio crumbs, the nectarines and the custard mix.

Nutrition Facts



Properties

Glycemic Index:29.02, Glycemic Load:11.22, Inflammation Score:-5, Nutrition Score:13.170434796292%

Flavonoids

Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg, Cyanidin: 2.32mg Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg, Catechin: 2.97mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg, Epicatechin: 2.44mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 312.8kcal (15.64%), Fat: 6.51g (10.02%), Saturated Fat: 2.16g (13.51%), Carbohydrates: 49.16g (16.39%), Net Carbohydrates: 46.52g (16.92%), Sugar: 27.35g (30.39%), Cholesterol: 46.67mg (15.56%), Sodium: 174.45mg (7.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.42g (30.84%), Vitamin B2: 0.57mg (33.79%), Phosphorus: 297.61mg (29.76%), Manganese: 0.5mg (24.97%), Selenium: 16.85µg (24.07%), Calcium: 240.29mg (24.03%), Vitamin B12: 1.05µg (17.43%), Vitamin B1: 0.24mg (16.12%), Potassium: 505.55mg (14.44%), Magnesium:

46.96mg (11.74%), Vitamin B5: 1.15mg (11.48%), Vitamin B6: 0.22mg (10.77%), Fiber: 2.64g (10.58%), Copper: 0.21mg (10.46%), Vitamin B3: 2.01mg (10.03%), Zinc: 1.48mg (9.86%), Vitamin A: 486.58IU (9.73%), Folate: 31.39µg (7.85%), Iron: 1.41mg (7.82%), Vitamin D: 1µg (6.67%), Vitamin E: 0.76mg (5.04%), Vitamin C: 3.06mg (3.71%), Vitamin K: 2.69µg (2.57%)