



Nectarine & raspberry gratin



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



246 kcal

SIDE DISH

Ingredients

- ☐ 4 nectarines very ripe halved
- ☐ 150 g raspberries
- ☐ 142 ml double cream
- ☐ 50 g little demerara sugar

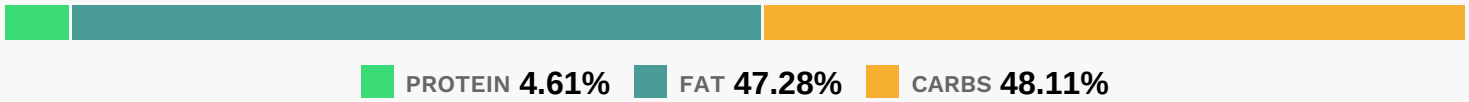
Equipment

- ☐ grill

Directions

- ☐ Heat the grill to medium.
- ☐ Place the nectarines cut-side up in 4 individual gratin dishes and pile the raspberries in the centre of each half.
- ☐ Drizzle cream over the fruit, sprinkle with sugar, then grill for 8–10 mins until bubbling and golden. Dust with cocoa and serve.

Nutrition Facts



Properties

Glycemic Index:17.25, Glycemic Load:5.22, Inflammation Score:-7, Nutrition Score:7.3478261724762%

Flavonoids

Cyanidin: 20.19mg, Cyanidin: 20.19mg, Cyanidin: 20.19mg, Cyanidin: 20.19mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg, Pelargonidin: 0.37mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg, Catechin: 4.72mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 4.93mg, Epicatechin: 4.93mg, Epicatechin: 4.93mg, Epicatechin: 4.93mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg, Quercetin: 1.37mg

Nutrients (% of daily need)

Calories: 246.18kcal (12.31%), Fat: 13.53g (20.82%), Saturated Fat: 8.22g (51.38%), Carbohydrates: 30.99g (10.33%), Net Carbohydrates: 26.42g (9.61%), Sugar: 26.3g (29.23%), Cholesterol: 40.35mg (13.45%), Sodium: 28.85mg (1.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.97g (5.94%), Vitamin A: 1008.78IU (20.18%), Fiber: 4.57g (18.27%), Vitamin C: 14.16mg (17.16%), Manganese: 0.33mg (16.7%), Vitamin E: 1.52mg (10.14%), Vitamin B3: 1.84mg (9.19%), Potassium: 280.2mg (8.01%), Copper: 0.16mg (7.76%), Vitamin B2: 0.12mg (7.04%), Phosphorus: 68.63mg (6.86%), Vitamin K: 6.91µg (6.58%), Magnesium: 23.78mg (5.94%), Vitamin B5: 0.48mg (4.77%), Vitamin B1: 0.07mg (4.49%), Folate: 17.82µg (4.46%), Iron: 0.77mg (4.26%), Vitamin D: 0.57µg (3.81%), Calcium: 37.28mg (3.73%), Zinc: 0.55mg (3.63%), Vitamin B6: 0.07mg (3.43%), Selenium: 1.15µg (1.64%)