



Nectarine & strawberry pots



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



777 kcal

SIDE DISH

Ingredients

- ☐ 250 g mascarpone cheese
- ☐ 1 tsp vanilla extract
- ☐ 1 large orange zest
- ☐ 2 tbsp powdered sugar to taste
- ☐ 85 g almonds flaked toasted
- ☐ 2 nectarines ripe thinly sliced
- ☐ 100 g strawberries hulled thinly sliced
- ☐ 100 g chocolate dark 70% (cocoa solids)

- ☐ 142 ml double cream
- ☐ 25 g butter unsalted

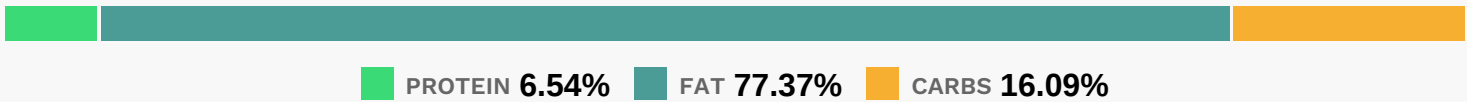
Equipment

- ☐ frying pan
- ☐ knife
- ☐ ramekin

Directions

- ☐ Line 4 x 150ml ramekin dishes with cling film. Beat the mascarpone until soft and creamy, then mix in the vanilla extract, orange zest and icing sugar to taste. Fold in 50g/2oz of the almonds.
- ☐ In the prepared ramekins, carefully layer up the cheese mixture with the nectarines and strawberries. Level the tops and chill for at least 1hr.
- ☐ To make the sauce, put the chocolate, cream and butter in a small pan and stir over a low heat until melted. Dont leave the pan as the chocolate will turn grainy if it gets too hot. Once melted, stir in 2 tbsp of hot (not boiling) water.
- ☐ To serve, run round the ramekins with a sharp knife then unmould onto plates. Top with remaining almonds and drizzle with warm chocolate sauce.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:5.12, Inflammation Score:-9, Nutrition Score:18.275652253109%

Flavonoids

Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg, Cyanidin: 2.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.21mg, Pelargonidin: 6.21mg, Pelargonidin: 6.21mg, Pelargonidin: 6.21mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg, Catechin: 3.17mg Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg, Epigallocatechin: 0.75mg Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg, Epicatechin: 2.04mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg

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Nutrients (% of daily need)

Calories: 777.2kcal (38.86%), Fat: 67.63g (104.04%), Saturated Fat: 35.86g (224.12%), Carbohydrates: 31.65g (10.55%), Net Carbohydrates: 24.38g (8.87%), Sugar: 18.84g (20.93%), Cholesterol: 117.04mg (39.01%), Sodium: 59.66mg (2.59%), Alcohol: 0.36g (100%), Alcohol %: 0.18% (100%), Caffeine: 20mg (6.67%), Protein: 12.86g (25.72%), Manganese: 1.11mg (55.53%), Vitamin E: 6.57mg (43.83%), Copper: 0.74mg (36.97%), Vitamin A: 1817.43IU (36.35%), Magnesium: 127.43mg (31.86%), Fiber: 7.26g (29.06%), Vitamin C: 21.05mg (25.52%), Iron: 4.14mg (23.02%), Phosphorus: 226.58mg (22.66%), Vitamin B2: 0.36mg (21.18%), Calcium: 198.39mg (19.84%), Potassium: 509.19mg (14.55%), Zinc: 1.77mg (11.83%), Vitamin B3: 1.98mg (9.91%), Vitamin B1: 0.09mg (6.22%), Folate: 22.13µg (5.53%), Selenium: 3.86µg (5.51%), Vitamin K: 5.38µg (5.12%), Vitamin B5: 0.48mg (4.8%), Vitamin D: 0.67µg (4.43%), Vitamin B6: 0.09mg (4.32%), Vitamin B12: 0.14µg (2.3%)