



Nectarines with Ricotta-Vanilla Cream and Pine-Nut Brittle

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



319 kcal

SIDE DISH

Ingredients

- 1 teaspoon juice of lime fresh
- 0.3 cup mint leaves
- 1 pound nectarines cut into wedges
- 0.3 cup pinenuts toasted
- 1 cup ricotta cheese
- 0.5 cup sugar divided
- 0.8 teaspoon vanilla extract pure

- 0.3 cup water
- 0.3 cup milk whole

Equipment

- bowl
- frying pan
- sauce pan
- blender
- aluminum foil
- spatula
- pastry brush

Directions

- Toss nectarines with 1 teaspoon sugar and lime juice in a bowl and let macerate, stirring occasionally, 10 to 15 minutes.
- Purée ricotta, milk, vanilla, and 3 teaspoon sugar in a blender until smooth.
- Transfer to a bowl and chill in freezer, stirring halfway through, until slightly thickened, 15 to 20 minutes.
- Line a 4-sided sheet pan with foil. Bring water and remaining 1/2 cup sugar to a boil in a small heavy saucepan over medium heat, stirring until sugar has dissolved, then wash down any sugar crystals from side of pan with a pastry brush dipped in cold water. Boil, without stirring, swirling pan occasionally so caramel colors evenly, until medium amber, 10 to 12 minutes. Stir in pine nuts, then immediately pour out onto foil, quickly spreading with a spatula as thinly as possible. Cool 5 minutes. Peel brittle from foil and break into pieces.
- Stir mint into nectarines and serve fruit with ricotta cream and pieces of brittle.
- Brittle keeps in an airtight container at room temperature 1 week.

Nutrition Facts



PROTEIN 12.03% FAT 40.07% CARBS 47.9%

Properties

Glycemic Index:44.52, Glycemic Load:21.98, Inflammation Score:-6, Nutrition Score:10.191739175631%

Flavonoids

Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg, Cyanidin: 2.42mg Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg, Catechin: 3.38mg Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg, Epicatechin: 2.88mg Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg, Eriodictyol: 0.9mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

Nutrients (% of daily need)

Calories: 318.73kcal (15.94%), Fat: 14.73g (22.66%), Saturated Fat: 5.85g (36.54%), Carbohydrates: 39.63g (13.21%), Net Carbohydrates: 37.39g (13.6%), Sugar: 35.22g (39.13%), Cholesterol: 33.45mg (11.15%), Sodium: 74.74mg (3.25%), Alcohol: 0.26g (100%), Alcohol %: 0.13% (100%), Protein: 9.95g (19.9%), Manganese: 0.84mg (42.21%), Phosphorus: 193.63mg (19.36%), Vitamin A: 799.63IU (15.99%), Calcium: 158.5mg (15.85%), Selenium: 9.49µg (13.56%), Vitamin B2: 0.2mg (12.05%), Copper: 0.23mg (11.59%), Zinc: 1.6mg (10.67%), Magnesium: 42.62mg (10.66%), Vitamin E: 1.56mg (10.38%), Fiber: 2.24g (8.97%), Vitamin B3: 1.77mg (8.87%), Potassium: 305.97mg (8.74%), Vitamin K: 7.55µg (7.19%), Iron: 1.2mg (6.67%), Vitamin B1: 0.09mg (5.9%), Vitamin C: 4.63mg (5.61%), Folate: 20.44µg (5.11%), Vitamin B12: 0.29µg (4.89%), Vitamin B5: 0.44mg (4.36%), Vitamin B6: 0.08mg (3.83%), Vitamin D: 0.29µg (1.95%)