



Nectarines with velvety vanilla cream

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



458 kcal

SIDE DISH

Ingredients

- ☐ 568 ml double cream
- ☐ 50 g brown sugar
- ☐ 1 vanilla pod
- ☐ 3 tsp gelatin powder
- ☐ 300 ml milk
- ☐ 4 nectarines ripe
- ☐ 6 juice of lemon
- ☐ 3 tbsp peach schnapps

☐ 3 mint leaves

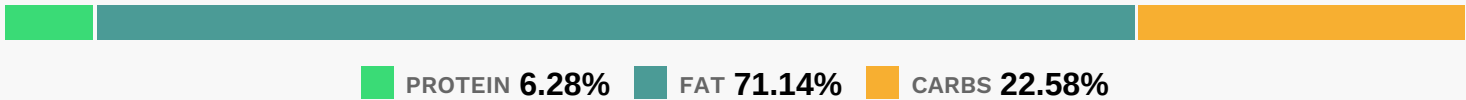
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Sprinkle the gelatine over 3 tbsp cold water in a small, heatproof bowl. Leave to stand for a few minutes until spongy, then place the bowl in a pan of gently simmering water until the gelatine dissolves. Set aside.
- ☐ Pour the cream into a saucepan and tip in the sugar. Split the vanilla pod in half lengthways, scrape out the black seeds and whisk into the cream. Set the pan over a medium heat and bring the cream to the boil. Take the pan off the heat and stir in the gelatine.
- ☐ Pour the milk into the hot cream, give it all a good stir and leave to cool for an hour or so.
- ☐ Put the pan in the fridge for 1-2 hours until the cream just begins to thicken, stirring it every now and then to evenly distribute the vanilla seeds.
- ☐ Pour the cream into a 1-litre serving dish, cover and refrigerate for at least 5 hours (overnight is ideal) until completely set. The cream will sit in the fridge for up to two days.
- ☐ To serve, halve, stone and thinly slice the nectarines, then toss with the lemon juice and peach vodka if using. Scatter the nectarine slices over the surface of the set cream.
- ☐ Serve immediately, decorated with lemon balm or mint leaves.

Nutrition Facts



Properties

Glycemic Index:13.5, Glycemic Load:4.04, Inflammation Score:-8, Nutrition Score:9.1330434239429%

Flavonoids

Cyanidin: 2.02mg, Cyanidin: 2.02mg, Cyanidin: 2.02mg, Cyanidin: 2.02mg Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg, Catechin: 2.82mg Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg, Epicatechin: 2.4mg Eriodictyol: 1.62mg, Eriodictyol: 1.62mg, Eriodictyol: 1.62mg, Eriodictyol: 1.62mg Hesperetin: 4.39mg, Hesperetin: 4.39mg, Hesperetin: 4.39mg, Hesperetin: 4.39mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 457.91kcal (22.9%), Fat: 36.5g (56.15%), Saturated Fat: 22.88g (142.98%), Carbohydrates: 26.08g (8.69%), Net Carbohydrates: 24.52g (8.92%), Sugar: 23.28g (25.87%), Cholesterol: 113.8mg (37.93%), Sodium: 64.32mg (2.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.25g (14.49%), Vitamin A: 1820.78IU (36.42%), Vitamin C: 15.09mg (18.29%), Vitamin B2: 0.29mg (16.83%), Vitamin D: 2.09µg (13.94%), Calcium: 139.2mg (13.92%), Phosphorus: 135.81mg (13.58%), Vitamin E: 1.52mg (10.16%), Potassium: 336.98mg (9.63%), Vitamin B12: 0.43µg (7.18%), Copper: 0.14mg (7.11%), Selenium: 4.76µg (6.8%), Vitamin B5: 0.66mg (6.65%), Fiber: 1.55g (6.2%), Magnesium: 24.76mg (6.19%), Vitamin B3: 1.22mg (6.11%), Vitamin B1: 0.09mg (5.88%), Vitamin B6: 0.11mg (5.32%), Vitamin K: 5.1µg (4.85%), Zinc: 0.66mg (4.43%), Folate: 16.74µg (4.19%), Manganese: 0.07mg (3.55%), Iron: 0.51mg (2.83%)