



Peach & almond crunch

READY IN



13 min.

SERVINGS



4

CALORIES



369 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 peaches ripe
- ☐ 6 amaretti cookies
- ☐ 400 ml crème fraîche low-fat
- ☐ 85 g little demerara sugar

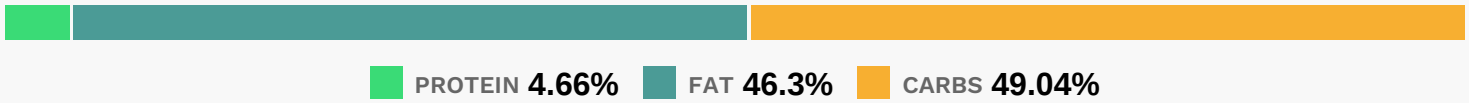
Equipment

- ☐ knife
- ☐ grill
- ☐ rolling pin

Directions

- ☐ Heat grill to high. Stone and slice the peaches.
- ☐ Place the biscuits in a plastic food bag and crush with a rolling pin. Arrange the peaches and the crumbled biscuits in the bottom of an ovenproof dish. Spoon over the crme frache, smooth with a knife so the peaches are entirely covered, then sprinkle over enough sugar to cover the crme frache.
- ☐ Place the dish under the grill for 3 mins or until the sugar has caramelised.

Nutrition Facts



Properties

Glycemic Index:10.06, Glycemic Load:5.19, Inflammation Score:-6, Nutrition Score:7.0139130613078%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 368.62kcal (18.43%), Fat: 19.62g (30.18%), Saturated Fat: 9.89g (61.82%), Carbohydrates: 46.76g (15.59%), Net Carbohydrates: 44.27g (16.1%), Sugar: 41.93g (46.59%), Cholesterol: 57.36mg (19.12%), Sodium: 69.17mg (3.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.89%), Vitamin A: 1094.65IU (21.89%), Vitamin B2: 0.21mg (12.34%), Phosphorus: 107.1mg (10.71%), Calcium: 106.74mg (10.67%), Fiber: 2.49g (9.94%), Vitamin E: 1.46mg (9.76%), Selenium: 6.75µg (9.64%), Potassium: 310.68mg (8.88%), Vitamin C: 7.02mg (8.52%), Copper: 0.14mg (6.82%), Vitamin B3: 1.3mg (6.5%), Vitamin K: 5.96µg (5.67%), Manganese: 0.11mg (5.6%), Vitamin B5: 0.56mg (5.56%), Magnesium: 22.15mg (5.54%), Zinc: 0.67mg (4.48%), Iron: 0.74mg (4.12%), Vitamin B6: 0.08mg (3.87%), Folate: 14.83µg (3.71%), Vitamin B1: 0.06mg (3.7%), Vitamin B12: 0.2µg (3.4%)