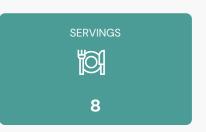


Peach and Plum Crostada

Vegetarian







SIDE DISH

Ingredients

0.3 cup sugar

I large eggs
2 tablespoons flour all-purpose
1 of lemon zest finely grated
10 oz but peaches firm pitted ripe peeled thinly sliced
O.3 cup pecans finely chopped
1 sheet puff pastry frozen thawed ()
1 pinch salt

Ш	4 tablespoorts butter unsaited cold cut into small pieces	
Equipment		
	bowl	
	baking sheet	
	oven	
	whisk	
	wire rack	
	aluminum foil	
Directions		
	In a bowl, toss fruit with 1 Tbsp. sugar.	
	Let stand for 20 minutes. Preheat oven to 450F; set rack in lower-middle position. Line a rimmed baking sheet with parchment.	
	Make topping: In a bowl, rub together 1/4 cup sugar and lemon zest. Stir in flour and salt. Rub in butter using fingertips until mixture is crumbly. Toss in pecans.	
	On a well-floured surface, roll out puff pastry to a rough 14-inch round. Carefully transfer to baking sheet. Strain fruit mixture (discard juice) and spoon evenly onto pastry, leaving a 2-inch border.	
	Sprinkle topping over filling and fold over edges of pastry.	
	Whisk egg with 1/4 tsp. cold water and lightly brush edges of pastry with egg wash. Refrigerate for 20 minutes.	
	Bake until pastry has begun to brown, about 20 minutes. Lower heat to 400F; bake until crus is deep golden brown, bottom is cooked through and filling is bubbling, about 20 minutes longer. Cover with foil if crust is browning too quickly.	
	Let crostada rest on baking sheet on a wire rack for 10 minutes, then transfer to rack to cool completely.	
	Cut into wedges and serve at room temperature.	

Nutrition Facts

Properties

Glycemic Index:31.42, Glycemic Load:14.12, Inflammation Score:-3, Nutrition Score:5.5904347948406%

Flavonoids

Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg, Cyanidin: 1.05mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 1.99mg, Catechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epigallocatechin: 0.56mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.18mg, Epigallocatechin: 0.23mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 297.24kcal (14.86%), Fat: 20.53g (31.58%), Saturated Fat: 6.96g (43.53%), Carbohydrates: 25.59g (8.53%), Net Carbohydrates: 24.21g (8.8%), Sugar: 9.61g (10.68%), Cholesterol: 38.3mg (12.77%), Sodium: 95.46mg (4.15%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 3.91g (7.83%), Manganese: 0.34mg (16.97%), Selenium: 10.95µg (15.64%), Vitamin B1: 0.17mg (11.37%), Vitamin B3: 1.72mg (8.6%), Vitamin B2: 0.14mg (8.45%), Folate: 33.36µg (8.34%), Iron: 1.19mg (6.63%), Vitamin A: 326.48IU (6.53%), Vitamin K: 6.63µg (6.31%), Copper: 0.11mg (5.62%), Fiber: 1.38g (5.53%), Phosphorus: 51.7mg (5.17%), Vitamin E: 0.7mg (4.67%), Zinc: 0.5mg (3.33%), Magnesium: 13.18mg (3.29%), Potassium: 88.52mg (2.53%), Vitamin C: 1.65mg (2%), Vitamin B5: 0.2mg (1.96%), Vitamin B6: 0.03mg (1.72%), Vitamin D: 0.23µg (1.53%), Calcium: 12.56mg (1.26%), Vitamin B12: 0.07µg (1.13%)