



WHATSheATE



Peach and Plum Crostada



Vegetarian

READY IN



30 min.

SERVINGS



8

CALORIES



297 kcal

SIDE DISH

Ingredients

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

- ☐ 4 tablespoons butter unsalted 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 crust 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



 **PROTEIN 5.17%**  **FAT 61.02%**  **CARBS 33.81%**

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 Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg, Epigallocatechin 3-gallate: 0.18mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg 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 %: 0% (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%)