



Peach Dumplings with Brandy Cream

READY IN



70 min.

SERVINGS



6

CALORIES



966 kcal

SIDE DISH

Ingredients

- ☐ 2 cups flour all-purpose
- ☐ 0.8 teaspoon salt
- ☐ 0.7 cup shortening
- ☐ 4 tablespoons water cold
- ☐ 6 peaches fresh pitted peeled cut in half and
- ☐ 3 tablespoons raisins
- ☐ 3 tablespoons nuts chopped
- ☐ 2.5 cups brown sugar packed
- ☐ 1.3 cups water

- ☐ 1 eggs
- ☐ 0.8 cup whipping cream
- ☐ 0.3 cup granulated sugar
- ☐ 1 tablespoon brandy

Equipment

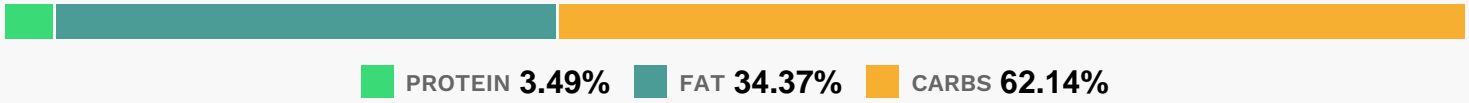
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ blender
- ☐ rolling pin

Directions

- ☐ Heat oven to 400°F. In medium bowl, mix flour and salt.
- ☐ Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas.
- ☐ Sprinkle with cold water, 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- ☐ Gather pastry into a ball; reserve one-third of the pastry. Shape remaining pastry into flattened round on lightly floured surface. With floured rolling pin, roll into 14-inch square; cut into 4 squares.
- ☐ Roll reserved pastry into 14x7-inch rectangle; cut into 2 squares.
- ☐ Place 1 peach half, flat side up, on each square. In small bowl, mix raisins and nuts; spoon into center of each peach half. Top with remaining peach halves. Moisten corners of square; bring 2 opposite corners of pastry up over peach and press corners together. Fold in sides of remaining corners; bring corners up over peach and press together.
- ☐ Place dumplings in ungreased 13x9-inch pan.

- ☐ In 2-quart saucepan, heat brown sugar and 1 1/3 cups water to boiling, stirring occasionally, until sugar is dissolved. Carefully pour around dumplings.
- ☐ Bake about 40 minutes, spooning syrup in pan over dumplings about 5 minutes before dumplings are done, until pastry is brown and peaches are tender.
- ☐ In 2-quart saucepan, beat egg with wire whisk until foamy.
- ☐ Add whipping cream and granulated sugar; cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir 1 minute; remove from heat. Stir in brandy.
- ☐ Serve warm over dumplings.

Nutrition Facts



Properties

Glycemic Index:48.13, Glycemic Load:37.42, Inflammation Score:-7, Nutrition Score:15.176956461824%

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: 965.75kcal (48.29%), Fat: 37.67g (57.95%), Saturated Fat: 13.22g (82.61%), Carbohydrates: 153.22g (51.07%), Net Carbohydrates: 148.89g (54.14%), Sugar: 110.83g (123.14%), Cholesterol: 60.9mg (20.3%), Sodium: 361.98mg (15.74%), Alcohol: 0.83g (100%), Alcohol %: 0.25% (100%), Protein: 8.6g (17.2%), Selenium: 21.61µg (30.88%), Manganese: 0.56mg (27.75%), Vitamin B1: 0.4mg (26.34%), Folate: 93.53µg (23.38%), Vitamin B2: 0.37mg (21.59%), Vitamin B3: 4.11mg (20.57%), Iron: 3.66mg (20.31%), Vitamin A: 966.67IU (19.33%), Vitamin E: 2.87mg (19.11%), Fiber: 4.34g (17.34%), Vitamin K: 17.72µg (16.87%), Copper: 0.33mg (16.33%), Phosphorus: 140.92mg (14.09%), Potassium: 479.88mg (13.71%), Calcium: 120.04mg (12%), Magnesium: 46.51mg (11.63%), Vitamin B5: 0.94mg (9.4%), Vitamin C: 6.75mg (8.19%), Vitamin B6: 0.15mg (7.27%), Zinc: 1.04mg (6.95%), Vitamin D: 0.62µg (4.15%), Vitamin B12: 0.11µg (1.88%)