



Peach Melba with Burnt Caramel Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



386 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon sea salt
- ☐ 1 tablespoon plus light
- ☐ 0.5 cup cup heavy whipping cream
- ☐ 4 large peaches pitted halved
- ☐ 12 ounce raspberries fresh
- ☐ 2 cups vin santo sweet (not dessert wine)
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons butter unsalted ()

- ☐ 0.5 vanilla pod split
- ☐ 1 pint whipped cream

Equipment

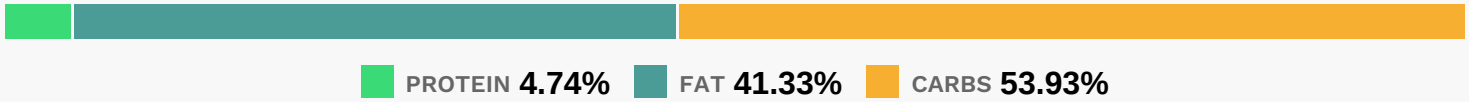
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ whisk

Directions

- ☐ Cook sugar, corn syrup, and 1/4 cup water in a small deep saucepan over medium heat, stirring occasionally, until sugar is dissolved. Increase heat and boil without stirring (stirring causes sugar crystals to form, making the caramel grainy), occasionally swirling pan and brushing down sides with a wet pastry brush to dissolve sugar crystals, until syrup turns a deep amber color, 7–8 minutes.
- ☐ Remove from heat; immediately and carefully add cream (mixture will bubble vigorously).
- ☐ Add butter and salt and whisk until smooth.
- ☐ Let cool slightly. DO AHEAD: Caramel can be made 1 week ahead.
- ☐ Let cool completely.
- ☐ Transfer to a small bowl, cover, and chill. Rewarm slightly before serving.
- ☐ Combine Riesling, sugar, and 2 cups water in a large saucepan; scrape in seeds from vanilla bean; add bean. Bring to a boil.
- ☐ Add peaches; bring to a simmer. Cook over medium heat, turning once or twice, until tender when pierced with a sharp knife but still holding their shape, 5–7 minutes.
- ☐ Transfer mixture to a large bowl.
- ☐ Let peaches cool completely in liquid. Cover; chill until cold, about 2 hours. DO AHEAD: Can be made 1 day ahead. Keep chilled.
- ☐ Remove peaches from liquid. Working with 1 peach at a time, use a paring knife to make a small nick in the skin. Hold the skin between the knife and your thumb and pull off skin in strips; discard skin.

- ☐
- Place 1–2peach halves in each serving glass or bowl;top with ice cream and raspberries.
- ☐
- Drizzlecaramel sauce over.

Nutrition Facts



Properties

Glycemic Index:27.04, Glycemic Load:16.65, Inflammation Score:-7, Nutrition Score:8.6639129700868%

Flavonoids

Cyanidin: 21.14mg, Cyanidin: 21.14mg, Cyanidin: 21.14mg, Cyanidin: 21.14mg Petunidin: 4.11mg, Petunidin: 4.11mg, Petunidin: 4.11mg, Petunidin: 4.11mg Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg Malvidin: 56.95mg, Malvidin: 56.95mg, Malvidin: 56.95mg, Malvidin: 56.95mg Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg, Pelargonidin: 0.42mg Peonidin: 2.41mg, Peonidin: 2.41mg, Peonidin: 2.41mg, Peonidin: 2.41mg Catechin: 10.78mg, Catechin: 10.78mg, Catechin: 10.78mg, Catechin: 10.78mg Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg, Epigallocatechin: 1.11mg Epicatechin: 8.08mg, Epicatechin: 8.08mg, Epicatechin: 8.08mg, Epicatechin: 8.08mg Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg, Epigallocatechin 3–gallate: 0.49mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 385.55kcal (19.28%), Fat: 15.3g (23.54%), Saturated Fat: 9.26g (57.87%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 40.43g (14.7%), Sugar: 35.21g (39.13%), Cholesterol: 50.36mg (16.79%), Sodium: 216.03mg (9.39%), Alcohol: 9.18g (100%), Alcohol %: 4.2% (100%), Protein: 3.95g (7.9%), Manganese: 0.42mg (20.77%), Vitamin C: 15.17mg (18.39%), Fiber: 4.49g (17.96%), Vitamin A: 854.42IU (17.09%), Vitamin B2: 0.23mg (13.32%), Phosphorus: 108.55mg (10.86%), Calcium: 105.81mg (10.58%), Potassium: 359.02mg (10.26%), Vitamin E: 1.4mg (9.36%), Magnesium: 31.18mg (7.79%), Copper: 0.15mg (7.49%), Vitamin B5: 0.68mg (6.78%), Vitamin K: 6.84µg (6.51%), Zinc: 0.88mg (5.88%), Vitamin B3: 1.17mg (5.83%), Selenium: 3.83µg (5.47%), Vitamin B1: 0.07mg (4.96%), Iron: 0.81mg (4.49%), Folate: 17.84µg (4.46%), Vitamin B12: 0.26µg (4.34%), Vitamin B6: 0.08mg (3.95%), Vitamin D: 0.41µg (2.73%)