



Roasted Nectarines with Buttermilk Custard

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



167 kcal

SIDE DISH

Ingredients

- 4 egg yolks
- 2 tablespoons buttermilk low-fat
- 1 cup milk 1% low-fat
- 2 pounds nectarines pitted halved
- 0.1 teaspoon salt
- 0.3 cup sugar
- 1 tablespoon sugar
- 0.3 teaspoon vanilla extract

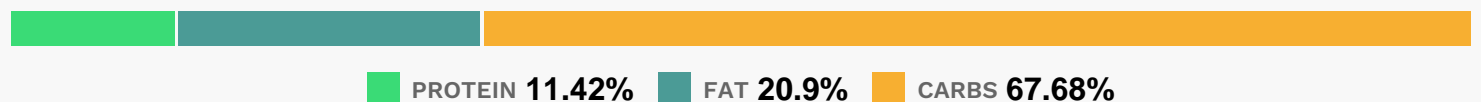
Equipment

- bowl
- frying pan
- sauce pan
- oven
- blender
- baking pan

Directions

- To prepare sauce, combine salt and egg yolks in a medium bowl. Gradually add 1/3 cup sugar, beating 2 minutes with a mixer at medium-high speed.
- Heat 1% low-fat milk over medium heat in a small, heavy saucepan to 180 or until tiny bubbles form around edge (do not boil). Gradually add hot milk to sugar mixture, stirring constantly. Return milk mixture to pan; cook over medium-low heat 5 minutes or until slightly thick and mixture coats the back of a spoon, stirring constantly (do not boil).
- Remove from heat. Stir in buttermilk and vanilla.
- Place pan in a large ice-filled bowl until mixture cools completely, stirring occasionally. Spoon mixture into a bowl. Cover and chill.
- Preheat oven to 40
- To prepare nectarines, place nectarines, cut sides up, in a 9 x 13-inch baking dish coated with cooking spray.
- Sprinkle nectarines evenly with 1 tablespoon sugar.
- Bake at 400 for 25 minutes or until nectarines are soft and lightly browned.
- Serve with chilled sauce.
- Garnish with verbena sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:30.53, Glycemic Load:14.15, Inflammation Score:-5, Nutrition Score:7.2495651867079%

Flavonoids

Cyanidin: 3.22mg, Cyanidin: 3.22mg, Cyanidin: 3.22mg, Cyanidin: 3.22mg Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg, Catechin: 4.51mg Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg, Epicatechin: 3.84mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 167.48kcal (8.37%), Fat: 4.07g (6.27%), Saturated Fat: 1.4g (8.77%), Carbohydrates: 29.67g (9.89%), Net Carbohydrates: 27.4g (9.96%), Sugar: 27.29g (30.33%), Cholesterol: 131.77mg (43.92%), Sodium: 96.75mg (4.21%), Alcohol: 0.06g (100%), Alcohol %: 0.03% (100%), Protein: 5.01g (10.01%), Vitamin A: 754.46IU (15.09%), Phosphorus: 131.08mg (13.11%), Selenium: 7.72µg (11.04%), Vitamin B2: 0.17mg (9.98%), Fiber: 2.27g (9.07%), Vitamin B3: 1.74mg (8.72%), Vitamin E: 1.24mg (8.28%), Vitamin B12: 0.48µg (8.08%), Potassium: 281.76mg (8.05%), Vitamin B5: 0.79mg (7.94%), Calcium: 74.04mg (7.4%), Vitamin D: 1.08µg (7.2%), Folate: 27.63µg (6.91%), Copper: 0.14mg (6.76%), Vitamin B1: 0.1mg (6.44%), Vitamin C: 4.43mg (5.38%), Vitamin B6: 0.11mg (5.26%), Zinc: 0.79mg (5.24%), Magnesium: 19.5mg (4.87%), Manganese: 0.09mg (4.53%), Iron: 0.79mg (4.39%), Vitamin K: 3.15µg (3%)