



Roasted Peaches with Amaretti Crumble

READY IN



45 min.

SERVINGS



6

CALORIES



289 kcal

SIDE DISH

Ingredients

- 3 tablespoons almonds whole
- 5 amaretti cookies italian (macaroons;)
- 3 large peaches firm pitted ripe rinsed halved
- 1.5 tablespoons sugar
- 2 tablespoons unbleached all purpose flour
- 3 tablespoons butter unsalted chilled cut into 1/2-inch cubes
- 6 servings whipped cream

Equipment

- oven
- knife
- glass baking pan

Directions

- Preheat oven to 350°F. Butter 11 x 7 x 2-inch glass baking dish.
- Combine cookies, almonds, flour, and sugar in processor. Using on/off turns, process until cookies and almonds are coarsely chopped.
- Add 3 tablespoons chilled butter to processor. Using on/off turns, process topping mixture until moist clumps form.
- Place peach halves, cut side up, in prepared dish.
- Spread topping over surface of each peach half (about 1 generous tablespoon for each), pressing lightly to adhere and leaving 1/4-inch plain border.
- Bake peaches until tender when pierced with knife and topping is golden brown, about 35 minutes. Cool slightly.
- Transfer 1 warm roasted peach half to each of 6 plates.
- Serve with scoop of vanilla ice cream alongside.
- * Available at some supermarkets and at Italian markets.

Nutrition Facts

PROTEIN 6.56% **FAT 48.13%** **CARBS 45.31%**

Properties

Glycemic Index: 30.22, Glycemic Load: 14.39, Inflammation Score: -5, Nutrition Score: 7.0686956747718%

Flavonoids

Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg, Cyanidin: 1.8mg Catechin: 4.37mg, Catechin: 4.37mg, Catechin: 4.37mg, Catechin: 4.37mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg, Epicatechin: 2.08mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg

Kaempferol: 0.21mg, Kaempferol: 0.21mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 288.91kcal (14.45%), Fat: 15.9g (24.46%), Saturated Fat: 8.31g (51.95%), Carbohydrates: 33.67g (11.22%), Net Carbohydrates: 31.07g (11.3%), Sugar: 27.31g (30.34%), Cholesterol: 44.09mg (14.7%), Sodium: 75.57mg (3.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.88g (9.75%), Vitamin E: 2.28mg (15.23%), Vitamin B2: 0.26mg (15.17%), Vitamin A: 738.14IU (14.76%), Phosphorus: 116.98mg (11.7%), Fiber: 2.6g (10.39%), Calcium: 103.51mg (10.35%), Manganese: 0.19mg (9.52%), Potassium: 279.15mg (7.98%), Magnesium: 30.43mg (7.61%), Copper: 0.14mg (6.99%), Selenium: 4.17µg (5.95%), Vitamin B5: 0.56mg (5.59%), Zinc: 0.84mg (5.58%), Vitamin B3: 1.11mg (5.57%), Vitamin B1: 0.08mg (5.22%), Vitamin C: 3.98mg (4.83%), Vitamin B12: 0.27µg (4.49%), Iron: 0.71mg (3.94%), Folate: 15.53µg (3.88%), Vitamin K: 3.32µg (3.16%), Vitamin B6: 0.06mg (3.09%), Vitamin D: 0.24µg (1.58%)