



## Roasted Riesling Peaches and Haloumi

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



478 kcal

BEVERAGE

DRINK

### Ingredients

- 8 ounces halloumi cheese cut into 8 slices (see notes)
- 1 tablespoon olive oil
- 6 peaches firm pitted ripe halved
- 2 cups mirin (see Notes)
- 4 servings salt and pepper
- 0.3 cup sugar
- 0.5 tablespoon butter unsalted
- 0.5 teaspoon vanilla extract

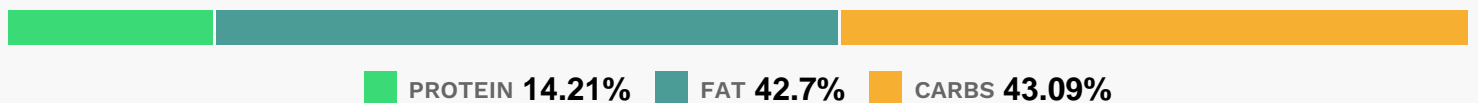
## Equipment

- baking sheet
- sauce pan
- oven
- wire rack
- baking pan
- aluminum foil
- broiler

## Directions

- Adjust oven rack to middle position and preheat oven to 425°F. Grease 13- by 9-inch baking dish with butter. Arrange pitted peach halves, cut side up, in baking dish. Season lightly with salt and pepper.
- Stir together wine, sugar, and vanilla in medium saucepan and bring to boil over medium-high heat. Reduce heat to medium and simmer until thickened and reduced to 1 cup, 15 to 20 minutes.
- Pour syrup over peaches.
- Bake peaches until beginning to soften, 15 to 20 minutes. Turn peaches skin side up and continue baking until skin looks puffed and slightly charred in some areas, 15 to 20 minutes.
- Transfer baking dish to cooling rack and allow peaches to cool down, about 15 minutes.
- Meanwhile, adjust oven rack to upper third position and heat broiler. Line a rimmed baking sheet with foil and grease with oil. Arrange haloumi slices on sheet and broil until deep, golden brown, 1 to 3 minutes (see Notes).
- Serve peaches with haloumi and syrup.

## Nutrition Facts



## Properties

Glycemic Index:27.59, Glycemic Load:19.42, Inflammation Score:-7, Nutrition Score:8.5330434663464%

## Flavonoids

Cyanidin: 4.32mg, Cyanidin: 4.32mg, Cyanidin: 4.32mg, Cyanidin: 4.32mg Catechin: 11.07mg, Catechin: 11.07mg, Catechin: 11.07mg, Catechin: 11.07mg Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg, Epigallocatechin: 2.34mg Epicatechin: 5.26mg, Epicatechin: 5.26mg, Epicatechin: 5.26mg, Epicatechin: 5.26mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 478.2kcal (23.91%), Fat: 19.53g (30.04%), Saturated Fat: 11.06g (69.15%), Carbohydrates: 44.33g (14.78%), Net Carbohydrates: 40.9g (14.87%), Sugar: 35.86g (39.84%), Cholesterol: 3.76mg (1.25%), Sodium: 903.9mg (39.3%), Alcohol: 11.57g (100%), Alcohol %: 3.45% (100%), Protein: 14.62g (29.24%), Calcium: 576.79mg (57.68%), Vitamin A: 777.23IU (15.54%), Vitamin E: 2.19mg (14.58%), Fiber: 3.43g (13.73%), Vitamin C: 9.23mg (11.18%), Vitamin B3: 1.82mg (9.08%), Copper: 0.18mg (8.87%), Vitamin K: 8.98µg (8.55%), Potassium: 276.07mg (7.89%), Manganese: 0.14mg (6.98%), Selenium: 4.84µg (6.92%), Phosphorus: 49.95mg (4.99%), Magnesium: 18.1mg (4.52%), Iron: 0.8mg (4.42%), Vitamin B2: 0.07mg (4.35%), Vitamin B1: 0.05mg (3.61%), Zinc: 0.52mg (3.48%), Vitamin B5: 0.35mg (3.46%), Folate: 13.55µg (3.39%), Vitamin B6: 0.06mg (2.82%)