



Roasted stone fruits



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



265 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 peaches halved cut in chunky wedges
- ☐ 3 nectarines halved cut in chunky wedges
- ☐ 6 apricots halved
- ☐ 400 ml plum brandy
- ☐ 2 tbsp honey
- ☐ 50 g butter

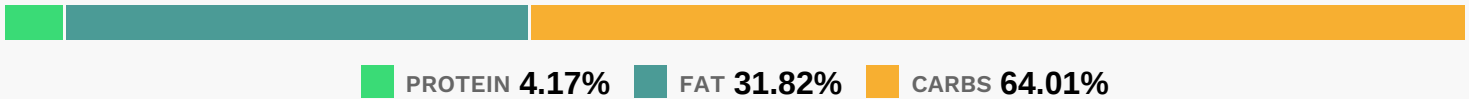
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 180C/160C fan/gas
- ☐ Toss all the fruits into a snug ovenproof dish or roasting tin.
- ☐ Pour over the Marsala, drizzle over the honey and dot with the butter. Roast for 30 mins until the fruits are juicy and tender but not mushy.
- ☐ Serve warm with their juices, scoops of ice cream and florentines (see Goes well with...).

Nutrition Facts



Properties

Glycemic Index:37.86, Glycemic Load:9.28, Inflammation Score:-8, Nutrition Score:6.2265217245921%

Flavonoids

Cyanidin: 2.95mg, Cyanidin: 2.95mg, Cyanidin: 2.95mg, Cyanidin: 2.95mg Petunidin: 4.48mg, Petunidin: 4.48mg, Petunidin: 4.48mg, Petunidin: 4.48mg Delphinidin: 2.64mg, Delphinidin: 2.64mg, Delphinidin: 2.64mg, Delphinidin: 2.64mg Malvidin: 64.13mg, Malvidin: 64.13mg, Malvidin: 64.13mg, Malvidin: 64.13mg Peonidin: 2.66mg, Peonidin: 2.66mg, Peonidin: 2.66mg, Peonidin: 2.66mg Catechin: 13.76mg, Catechin: 13.76mg, Catechin: 13.76mg, Catechin: 13.76mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 10.33mg, Epicatechin: 10.33mg, Epicatechin: 10.33mg, Epicatechin: 10.33mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg

Nutrients (% of daily need)

Calories: 265.23kcal (13.26%), Fat: 7.3g (11.22%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 33.02g (11.01%), Net Carbohydrates: 30.11g (10.95%), Sugar: 26.14g (29.05%), Cholesterol: 17.92mg (5.97%), Sodium: 79.28mg (3.45%), Alcohol: 10.35g (100%), Alcohol %: 4.97% (100%), Protein: 2.15g (4.3%), Vitamin A: 1362.57IU (27.25%), Fiber: 2.9g (11.62%), Vitamin C: 8.67mg (10.51%), Vitamin E: 1.49mg (9.9%), Manganese: 0.2mg (9.86%), Potassium: 343.02mg (9.8%), Copper: 0.18mg (8.85%), Vitamin B3: 1.77mg (8.83%), Magnesium: 22.28mg (5.57%), Vitamin K: 5.41µg (5.15%), Phosphorus: 51.38mg (5.14%), Iron: 0.8mg (4.43%), Vitamin B2: 0.07mg (4.36%), Vitamin B1: 0.07mg (4.35%), Vitamin B5: 0.37mg (3.66%), Zinc: 0.46mg (3.08%), Folate: 12.3µg (3.08%), Selenium: 2.09µg (2.98%), Vitamin B6: 0.06mg (2.87%), Calcium: 16.8mg (1.68%)