



Stovetop Peaches with Streusel Topping and Zesty Sour Cream

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



668 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 8 peaches dried washed peeled
- ☐ 1 cup flour all-purpose
- ☐ 1 cup ground almonds
- ☐ 1 cup honey
- ☐ 1 lemon zest juiced
- ☐ 1 lime zest juiced

- ☐ 1 orange zest juiced
- ☐ 1 cup powdered sugar
- ☐ 6 servings salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 1 tablespoons butter unsalted

Equipment

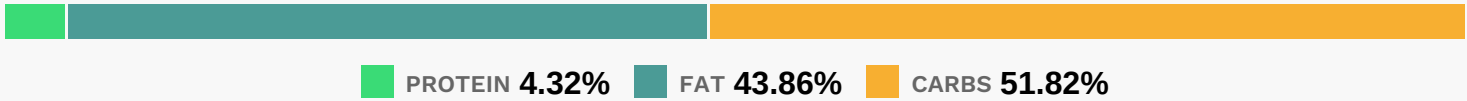
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pot

Directions

- ☐ In a medium bowl, whisk the sour cream and a few gratings of zest from the orange and the lemon until smooth.
- ☐ Add the juice from half of the orange and half of the lemon. Taste to see if it has a fresh taste from the citrus. If not, add the juice from the remaining fruit halves.
- ☐ Whisk to blend and set aside.
- ☐ With a small paring knife, cut around the center of each peach to halve it and remove the pit.
- ☐ Place the peach halves on a flat surface and cut them into 1/2-inch thick slices.
- ☐ Heat a small saute pan and add the honey. It should start to foam and bubble. Keep the heat low and allow the honey to simmer gently. Note: the honey becomes extremely hot – be careful to keep the heat low.
- ☐ In a large skillet over medium heat, melt the butter. When it begins to froth and turn light brown on the edges, add the peach slices and stir to coat with the butter. Cook, stirring from time to time, until the peaches become tender, 3 to 5 minutes.

- ☐
- Add the lime zest and juice. Stir to blend. Meanwhile, check the honey. It should be a golden brown. If the foam prevents you from seeing the color, remove the pot from the heat and blow on the center of the foam to see the color beneath.
- ☐
- Pour the honey over the peaches and stir to blend.
- ☐
- Remove the skillet from the heat and spoon the peaches into individual serving plates or a platter. Top with the Streusel Topping and a dollop of the sour cream.
- ☐
- Preheat oven to 350 degrees F.
- ☐
- Mix together until incorporated and in clumps.
- ☐
- Place onto a baking sheet and bake for 8 to 10 minutes, or until golden brown. Use as needed.

Nutrition Facts



Properties

Glycemic Index:34.88, Glycemic Load:36.06, Inflammation Score:-5, Nutrition Score:7.005652230071%

Flavonoids

Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 668.07kcal (33.4%), Fat: 34.15g (52.55%), Saturated Fat: 15.48g (96.77%), Carbohydrates: 90.81g (30.27%), Net Carbohydrates: 87.41g (31.79%), Sugar: 68.76g (76.4%), Cholesterol: 68.3mg (22.77%), Sodium: 331.08mg (14.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.13%), Vitamin A: 813.18IU (16.26%), Fiber: 3.39g (13.58%), Selenium: 9.34µg (13.35%), Vitamin B2: 0.21mg (12.2%), Vitamin B1: 0.18mg (11.91%), Iron: 2.1mg (11.66%), Folate: 43.82µg (10.95%), Manganese: 0.2mg (9.89%), Calcium: 98.47mg (9.85%), Vitamin C: 7.95mg (9.64%), Vitamin B3: 1.45mg (7.23%), Phosphorus: 63.13mg (6.31%), Vitamin E: 0.69mg (4.57%), Potassium: 135.64mg (3.88%), Copper: 0.07mg (3.7%), Vitamin B5: 0.33mg (3.27%), Zinc: 0.45mg (2.97%), Magnesium: 11.8mg (2.95%), Vitamin B6: 0.05mg (2.5%), Vitamin K: 2.4µg (2.29%), Vitamin B12: 0.12µg (1.94%)