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Honey Baked Nectarines ♦

Honey Baked Nectarines is a delicious dessert recipe that originated in the Mediterranean region. It is made by baking ripe nectarines with a drizzle of honey, resulting in a sweet and juicy treat. The dish is often enjoyed during the summer months when nectarines are in season. It can be served on its own or with a scoop of vanilla ice cream.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g Nectarines

4 tbsp honey

Directions

Step 1

Preheating

Preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the nectarines in half and remove the pits.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preparation

Place the nectarine halves on a baking sheet, cut side up.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Drizzling

Drizzle each nectarine half with 1 tablespoon of honey.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Baking

Bake in the preheated oven for 20 minutes, or until the nectarines are tender and caramelized.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Cooling

Remove from the oven and let cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 170 kcal

Fat: 0 g

Protein: 2 g

Carbohydrates: 43 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	43 g	78.18%	86%
Fibers	4 g	10.53%	16%
Sugars	38 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	0 g	0%	0%
Fat	0 g	0%	0%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	4 mg	307.69%	307.69%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	2 mg	0.2%	0.2%
Iron	2 mg	25%	11.11%
Potassium	9 mg	0.26%	0.35%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving New Year Barbecue

Cuisines

Italian Chinese French Japanese Mediterranean American

Meal Type

Brunch Lunch Snack Supper

Course

Desserts Salads Soups Snacks Sauces & Dressings

Cultural

Diwali Thanksgiving

Difficulty Level

Easy

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