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Baked Nectarines ♦♦

Baked nectarines are a delicious and healthy dessert option. This recipe involves baking ripe nectarines until they are soft and juicy. The natural sweetness of the fruit is enhanced by the baking process, creating a caramelized flavor. Baked nectarines can be enjoyed on their own or served with a scoop of vanilla ice cream for a decadent treat.

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
50 g	sugar
1 tsp	cinnamon
1 tsp	vanilla extract
2 tbsp	lemon juice

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

Mixing

In a small bowl, mix together the sugar, cinnamon, and vanilla extract.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Preparation

Place the nectarine halves in a baking dish, cut side up.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Sprinkling

Sprinkle the sugar mixture evenly over the nectarines.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Drizzling

Drizzle the lemon juice over the nectarines.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Baking

Bake the nectarines in the preheated oven for 15-20 minutes, or until they are soft and caramelized.

Prep Time: 0 mins

Cook Time: 20 mins

Step 8

Cooling

Remove the baked nectarines from the oven and let them cool slightly before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Serving

Serve the baked nectarines as is or with a scoop of vanilla ice cream.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 75 kcal

Fat: 0 g

Protein: 1 g

Carbohydrates: 19 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	19 g	34.55%	38%
Fibers	2 g	5.26%	8%
Sugars	17 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	8 iu	0.89%	1.14%
Vitamin C	9 mg	10%	12%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	0 mg	0%	0%
Calcium	1 mg	0.1%	0.1%
Iron	1 mg	12.5%	5.56%
Potassium	234 mg	6.88%	9%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Meal Type

Brunch Lunch Snack

Difficulty Level

Easy

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