



## Balsamic Grilled Peaches

 Gluten Free

READY IN



8 min.

SERVINGS



4

CALORIES



81 kcal

SIDE DISH

### Ingredients

- 3 tablespoons balsamic reduction divided
- 0.3 teaspoon pepper black freshly ground
- 4 tablespoons cheese blue crumbled
- 2 large peaches firm pitted ripe halved

### Equipment

- grill

## Directions

- Prepare grill.
- Place peaches, cut sides down, on grill rack coated with cooking spray, and grill 3 minutes. Turn peaches; brush tops and sides with 2 tablespoons glaze. Grill 3 minutes or until tender.
- Sprinkle with cheese and pepper; drizzle with 1 tablespoon glaze.

## Nutrition Facts



## Properties

Glycemic Index:24.81, Glycemic Load:3.09, Inflammation Score:-3, Nutrition Score:3.0626086974921%

## Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 80.56kcal (4.03%), Fat: 2.25g (3.46%), Saturated Fat: 1.33g (8.3%), Carbohydrates: 14.37g (4.79%), Net Carbohydrates: 13.02g (4.74%), Sugar: 9.63g (10.7%), Cholesterol: 5.25mg (1.75%), Sodium: 91.9mg (4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.31g (4.61%), Vitamin A: 339.34IU (6.79%), Fiber: 1.34g (5.38%), Phosphorus: 46.54mg (4.65%), Vitamin E: 0.66mg (4.38%), Vitamin C: 3.59mg (4.35%), Calcium: 41.01mg (4.1%), Selenium: 2.86µg (4.08%), Vitamin B3: 0.78mg (3.89%), Copper: 0.07mg (3.64%), Potassium: 126.33mg (3.61%), Manganese: 0.07mg (3.5%), Vitamin B2: 0.05mg (3.18%), Vitamin K: 3µg (2.85%), Zinc: 0.39mg (2.59%), Vitamin B5: 0.26mg (2.57%), Magnesium: 8.82mg (2.21%), Folate: 7.79µg (1.95%), Iron: 0.33mg (1.84%), Vitamin B6: 0.03mg (1.69%), Vitamin B1: 0.02mg (1.54%), Vitamin B12: 0.09µg (1.42%)