



Bill Yosses' Oven Roasted Peaches with Green Tea Elixir



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



94 kcal

SIDE DISH

Ingredients

- ☐ 1 cup ice cubes
- ☐ 3 large peaches ripe unpeeled
- ☐ 2 tablespoons sugar
- ☐ 6 servings butter unsalted for the pan
- ☐ 0.3 cup milk whole

Equipment

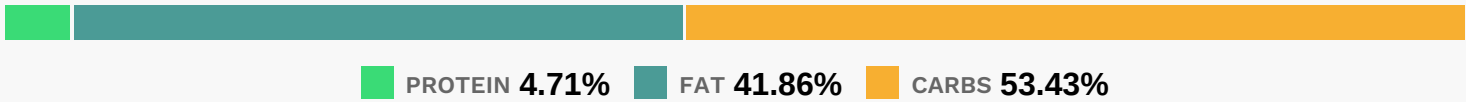
- ☐ bowl

- ☐ baking sheet
- ☐ oven
- ☐ blender

Directions

- ☐ For the peaches: Position a rack in the center of the oven and preheat to 350°F. Grease a baking sheet with unsalted butter.
- ☐ Halve the peaches lengthwise and pit them. Don't peel yet.
- ☐ Place the peach halves, cut side up, on the baking sheet.
- ☐ Bake on the center rack until fork tender, about 15 minutes. When cool enough to handle, peel off the skins, and cut into 1-inch cubes.
- ☐ Place the milk, sugar, and green tea powder in a blender and blend to combine.
- ☐ Add the ice and continue to blend until smooth.
- ☐ Place the chopped peaches in a bowl or goblet.
- ☐ Pour the elixir over them and serve right away.

Nutrition Facts



Properties

Glycemic Index:24.72, Glycemic Load:6, Inflammation Score:-4, Nutrition Score:2.7969564925069%

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: 94.1kcal (4.7%), Fat: 4.63g (7.12%), Saturated Fat: 2.77g (17.34%), Carbohydrates: 13.3g (4.43%), Net Carbohydrates: 11.99g (4.36%), Sugar: 11.83g (13.14%), Cholesterol: 11.97mg (3.99%), Sodium: 17.8mg (0.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.17g (2.34%), Vitamin A: 426.67IU (8.53%), Fiber: 1.31g (5.25%),

Vitamin E: 0.76mg (5.07%), Vitamin C: 3.59mg (4.35%), Copper: 0.08mg (3.79%), Vitamin B3: 0.72mg (3.59%), Potassium: 123.28mg (3.52%), Phosphorus: 30.72mg (3.07%), Selenium: 2.1µg (3.01%), Vitamin K: 3.01µg (2.86%), Manganese: 0.05mg (2.71%), Vitamin B2: 0.04mg (2.57%), Magnesium: 8.71mg (2.18%), Calcium: 18.43mg (1.84%), Vitamin B1: 0.03mg (1.8%), Vitamin B5: 0.18mg (1.77%), Zinc: 0.25mg (1.68%), Iron: 0.3mg (1.67%), Vitamin B6: 0.03mg (1.41%), Folate: 5.4µg (1.35%), Vitamin D: 0.19µg (1.25%), Vitamin B12: 0.06µg (1.06%)