



Blushing Peach Melba Dessert

 **Gluten Free**  **Dairy Free**

READY IN



28 min.

SERVINGS



4

CALORIES



329 kcal

Ingredients

- 2 cups apple juice unsweetened
- 4 large peaches firm pitted ripe halved
- 1 cup raspberries fresh
- 2 pkg pkg. jell-o strawberry flavor gelatin sugar free (4-serving size each) (8-serving size)
- 2 cups water
- 0.5 cup cool whip lite whipped topping thawed

Equipment

- frying pan
- dutch oven

Directions

- Mix dry gelatin mix, apple juice and water in Dutch oven. Bring to boil on medium-high heat. Cook until gelatin is completely dissolved, stirring frequently.
- Add peaches; cover pan with lid. Reduce heat to medium-low; simmer 15 to 20 min. or just until peaches are tender.
- Remove peaches from liquid; discard liquid.
- Serve peaches warm or cover and refrigerate until ready to serve. Top with the raspberries and whipped topping.

Nutrition Facts

PROTEIN 6.58% **FAT 5.37%** **CARBS 88.05%**

Properties

Glycemic Index:26.75, Glycemic Load:12.09, Inflammation Score:-6, Nutrition Score:8.2321739015372%

Flavonoids

Cyanidin: 17.12mg, Cyanidin: 17.12mg, Cyanidin: 17.12mg, Cyanidin: 17.12mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 10.55mg, Catechin: 10.55mg, Catechin: 10.55mg, Catechin: 10.55mg Epigallocatechin: 1.96mg, Epigallocatechin: 1.96mg, Epigallocatechin: 1.96mg, Epigallocatechin: 1.96mg Epicatechin: 10.99mg, Epicatechin: 10.99mg, Epicatechin: 10.99mg, Epicatechin: 10.99mg Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg, Epigallocatechin 3-gallate: 0.69mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg, Quercetin: 2.19mg

Nutrients (% of daily need)

Calories: 329.07kcal (16.45%), Fat: 2.06g (3.16%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 75.93g (25.31%), Net Carbohydrates: 71.1g (25.86%), Sugar: 66.72g (74.13%), Cholesterol: 0.19mg (0.06%), Sodium: 238.72mg (10.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.35%), Manganese: 0.4mg (20.21%), Vitamin C: 16.15mg (19.58%), Fiber: 4.82g (19.29%), Copper: 0.25mg (12.42%), Phosphorus: 122.74mg (12.27%), Vitamin A: 588.58IU (11.77%), Potassium: 396.48mg (11.33%), Vitamin E: 1.6mg (10.65%), Selenium: 6.93µg (9.9%), Vitamin B3: 1.69mg (8.47%), Vitamin K: 7.89µg (7.51%), Magnesium: 29.49mg (7.37%), Vitamin B2: 0.11mg (6.62%), Iron: 1.02mg (5.64%), Vitamin B1: 0.08mg (5.39%), Folate: 18.36µg (4.59%), Vitamin B5: 0.43mg (4.33%), Vitamin B6: 0.08mg (4.24%),

Zinc: 0.58mg (3.86%), Calcium: 35.9mg (3.59%)