



Bourbon-Glazed Peaches With Yogurt

 Vegetarian

READY IN



30 min.

SERVINGS



4

CALORIES



187 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons bourbon
- ☐ 5.5 tablespoons t brown sugar dark divided
- ☐ 4 peaches firm pitted ripe halved
- ☐ 1 cup greek yogurt plain 2% reduced-fat
- ☐ 0.1 teaspoon sea salt divided fine
- ☐ 2 inch vanilla pod split
- ☐ 0.5 teaspoon vanilla extract

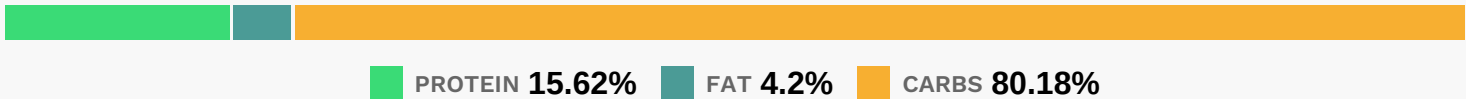
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Scrape seeds from vanilla bean into a medium bowl.
- ☐ Combine seeds, bean, yogurt, 1 1/2 tablespoons sugar, and a dash of salt.
- ☐ Let stand for 1 hour; discard bean.
- ☐ Preheat oven to 35
- ☐ Combine remaining 1/4 cup sugar, remaining dash of salt, bourbon, and vanilla extract in a large bowl, stirring with a whisk.
- ☐ Add peaches; toss gently. Arrange peaches, cut side down, on a parchment-lined baking sheet. Reserve sugar mixture.
- ☐ Bake peaches at 350 for 10 minutes. Turn peach halves over; drizzle cavities with reserved sugar mixture.
- ☐ Bake an additional 10 minutes or until just tender.
- ☐ Serve with yogurt and juices.

Nutrition Facts



Properties

Glycemic Index:13.81, Glycemic Load:5.19, Inflammation Score:-5, Nutrition Score:6.0082609031511%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 186.61kcal (9.33%), Fat: 0.78g (1.2%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 31.29g (11.38%), Sugar: 30.29g (33.65%), Cholesterol: 2.5mg (0.83%), Sodium: 114.95mg (5%), Alcohol: 3.93g (100%), Alcohol %: 2.17% (100%), Protein: 6.54g (13.07%), Selenium: 8.3µg (11.85%), Vitamin B2: 0.19mg (11.05%), Phosphorus: 102.14mg (10.21%), Vitamin A: 491IU (9.82%), Fiber: 2.25g (9%), Potassium: 276.42mg (7.9%), Calcium: 75.29mg (7.53%), Vitamin C: 6.15mg (7.45%), Vitamin E: 1.1mg (7.33%), Copper: 0.14mg (6.8%), Vitamin B3: 1.34mg (6.68%), Vitamin B12: 0.35µg (5.83%), Manganese: 0.11mg (5.5%), Magnesium: 19.05mg (4.76%), Vitamin K: 4.5µg (4.29%), Vitamin B5: 0.42mg (4.17%), Zinc: 0.62mg (4.13%), Vitamin B6: 0.08mg (3.83%), Iron: 0.67mg (3.71%), Vitamin B1: 0.05mg (3.18%), Folate: 12.66µg (3.17%)