



Brandied Peach and Yogurt Parfaits



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



287 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons brandy
- ☐ 3 cups greek yogurt
- ☐ 0.5 cup brown sugar light packed
- ☐ 1 lb peaches pitted peeled cut into 1/2-inch chunks
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract

Equipment

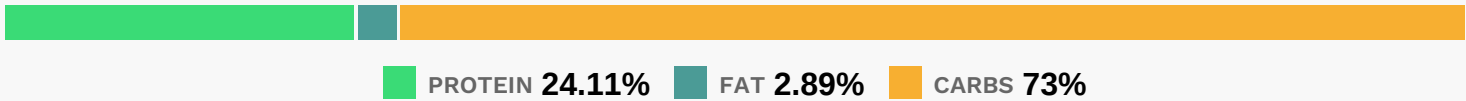
- ☐ bowl

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ In a skillet, melt brown sugar with 2 Tbsp. water over medium-high heat. Cook, stirring, until sugar has dissolved, about 1 minute. Stop stirring; boil until sauce has thickened and turned a dark caramel color, 2 to 3 minutes. (
- ☐ Mixture will bubble vigorously; do not let it burn.)
- ☐ Reduce heat to low; carefully stir in peaches (mixture may spatter).
- ☐ Heat until peaches are just warmed through, about 1 minute.
- ☐ Remove from heat; stir in brandy.
- ☐ Transfer peach mixture to a bowl; chill at least 1 hour.
- ☐ In a separate bowl, mix yogurt with sugar and vanilla; chill.
- ☐ Spread a dollop of yogurt on bottom of 4 dessert bowls or wine glasses. Using a slotted spoon, top with half of peaches and some of sauce. Repeat with remaining yogurt, peaches and sauce. Cover and chill until ready to serve. Keep any remaining sauce covered and chilled. Before serving, drizzle each parfait with reserved sauce.

Nutrition Facts



Properties

Glycemic Index:31.34, Glycemic Load:8.11, Inflammation Score:-4, Nutrition Score:9.1447826364766%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 286.93kcal (14.35%), Fat: 0.88g (1.36%), Saturated Fat: 0.18g (1.15%), Carbohydrates: 49.99g (16.66%), Net Carbohydrates: 48.29g (17.56%), Sugar: 47.21g (52.45%), Cholesterol: 7.5mg (2.5%), Sodium: 76.67mg (3.33%), Alcohol: 2.85g (100%), Alcohol %: 1.18% (100%), Protein: 16.52g (33.03%), Vitamin B2: 0.46mg (27%), Selenium: 17.6µg (25.14%), Phosphorus: 230.41mg (23.04%), Calcium: 194.03mg (19.4%), Vitamin B12: 1.05µg (17.5%), Potassium: 388.17mg (11.09%), Vitamin A: 375.68IU (7.51%), Zinc: 1.07mg (7.13%), Vitamin B5: 0.71mg (7.07%), Magnesium: 28.17mg (7.04%), Fiber: 1.7g (6.8%), Vitamin B6: 0.14mg (6.8%), Copper: 0.13mg (6.48%), Vitamin B3: 1.27mg (6.33%), Vitamin C: 4.65mg (5.64%), Vitamin E: 0.84mg (5.62%), Manganese: 0.1mg (5.21%), Folate: 17.58µg (4.39%), Vitamin B1: 0.06mg (4.05%), Iron: 0.69mg (3.85%), Vitamin K: 3.4µg (3.24%)