



Brandied Peach Shortcakes

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



175 kcal

DESSERT

Ingredients

- ☐ 50 milliliter brandy divided
- ☐ 1 tablespoon butter melted
- ☐ 4 graham cracker squares
- ☐ 0.3 cup greek yogurt plain fat-free
- ☐ 1 tablespoon honey
- ☐ 4 peaches firm pitted ripe halved
- ☐ 1 teaspoon sugar

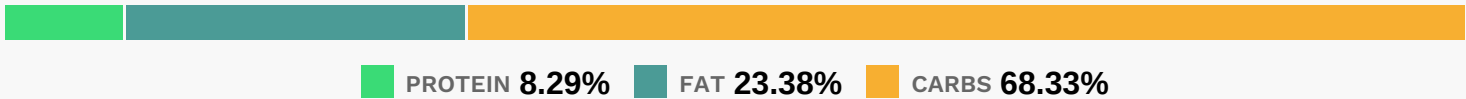
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to medium-high heat.
- ☐ Combine yogurt, sugar, and 1 teaspoon brandy. Cover and chill.
- ☐ Combine remaining brandy, butter, and honey.
- ☐ Place peach halves, cut side down, on grill rack coated with cooking spray; grill 2 minutes on each side or until grill marks appear.
- ☐ Remove peaches from grill; thinly slice and place in a bowl. Stir in honey mixture.
- ☐ Split each Citrus Shortcake square in half; spoon about 1 1/4 cups peach mixture over bottom half of each shortcake. Top with top half of shortcake and 1 tablespoon yogurt mixture.

Nutrition Facts



Properties

Glycemic Index:75.4, Glycemic Load:11.92, Inflammation Score:-5, Nutrition Score:4.9982608504917%

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: 174.5kcal (8.73%), Fat: 3.99g (6.14%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 26.26g (8.75%), Net Carbohydrates: 23.76g (8.64%), Sugar: 19.91g (22.13%), Cholesterol: 8.15mg (2.72%), Sodium: 92.98mg (4.04%), Alcohol: 4.24g (100%), Alcohol %: 2.8% (100%), Protein: 3.19g (6.37%), Vitamin A: 576.97IU (11.54%), Fiber: 2.5g (9.99%), Vitamin E: 1.18mg (7.85%), Vitamin B3: 1.51mg (7.55%), Vitamin C: 6.18mg (7.49%), Phosphorus: 65.7mg (6.57%), Selenium: 4.47µg (6.39%), Copper: 0.13mg (6.29%), Potassium: 216.86mg (6.2%), Vitamin B2: 0.1mg (6.02%), Manganese: 0.1mg (4.96%), Iron: 0.84mg (4.65%), Vitamin K: 4.74µg (4.52%), Magnesium: 17.68mg (4.42%), Zinc: 0.57mg (3.78%), Vitamin B1: 0.06mg (3.71%), Folate: 13.31µg (3.33%), Vitamin B5: 0.28mg (2.78%),

Vitamin B6: 0.05mg (2.7%), Calcium: 26.57mg (2.66%), Vitamin B12: 0.09µg (1.56%)