



Broiled Peaches and Hazelnuts with Vanilla Ice Cream

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



214 kcal

SIDE DISH

Ingredients

- 1 ounce bittersweet chocolate grated
- 0.3 cup hazelnuts
- 1 pound peaches peeled sliced
- 0.3 cup sugar
- 2 cups whipped cream fat-free (such as Edy's or Dreyer's)

Equipment

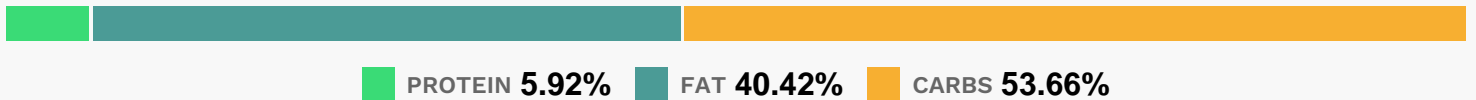
- bowl

- baking sheet
- oven
- broiler
- broiler pan

Directions

- Preheat oven to 35
- Place hazelnuts on a baking sheet.
- Bake at 350 for 15 minutes, stirring once. Turn nuts out onto a towel.
- Roll up towel; rub off skins. Chop nuts.
- Preheat broiler.
- Combine hazelnuts, peaches, and sugar in a large bowl, tossing to coat. Arrange peach mixture in a single layer on a broiler pan coated with cooking spray; broil 5 minutes or until lightly browned. Cool.
- Spoon 1/3 cup ice cream into each of 6 bowls; top each serving with 1 cup peach mixture and 2 teaspoons grated chocolate.

Nutrition Facts



Properties

Glycemic Index:31.06, Glycemic Load:14.63, Inflammation Score:-4, Nutrition Score:6.1726086372915%

Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg, Catechin: 3.78mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 213.67kcal (10.68%), Fat: 9.92g (15.26%), Saturated Fat: 4.27g (26.66%), Carbohydrates: 29.63g (9.88%), Net Carbohydrates: 27.33g (9.94%), Sugar: 25.94g (28.82%), Cholesterol: 19.64mg (6.55%), Sodium: 45.58mg

(1.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 4.06mg (1.35%), Protein: 3.27g (6.53%), Manganese: 0.42mg (21.07%), Copper: 0.21mg (10.73%), Vitamin E: 1.46mg (9.74%), Fiber: 2.31g (9.22%), Phosphorus: 89.62mg (8.96%), Vitamin A: 435.05IU (8.7%), Vitamin B2: 0.14mg (8.15%), Magnesium: 28.67mg (7.17%), Potassium: 240.75mg (6.88%), Calcium: 68.06mg (6.81%), Zinc: 0.73mg (4.84%), Vitamin B1: 0.07mg (4.66%), Iron: 0.83mg (4.64%), Vitamin C: 3.68mg (4.46%), Vitamin B5: 0.43mg (4.31%), Selenium: 2.95µg (4.21%), Vitamin B3: 0.79mg (3.95%), Vitamin B6: 0.07mg (3.49%), Vitamin K: 3.45µg (3.29%), Folate: 12.39µg (3.1%), Vitamin B12: 0.18µg (3%)