



## Broiled Peaches with Blackberry Sauce

 Vegetarian  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



82 kcal

SIDE DISH

### Ingredients

- 4 cups blackberries frozen
- 1 teaspoon juice of lime
- 2 tablespoons honey
- 16 medium cashew pieces fresh canned pitted cut in half and
- 3 tablespoons brown sugar packed
- 1 teaspoon ground cinnamon
- 2 teaspoons juice of lime
- 1 serving blackberries

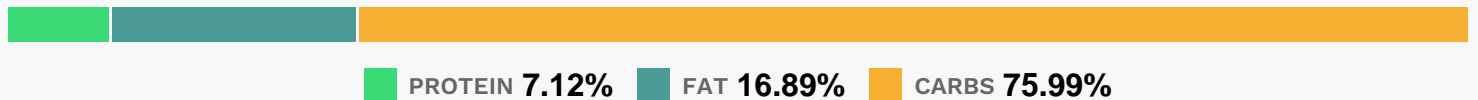
## Equipment

- oven
- blender
- aluminum foil

## Directions

- Place blackberries, lime juice and honey in blender. Cover and blend on medium speed about 45 seconds, stopping blender occasionally to scrape sides, until smooth. Strain sauce. Cover and refrigerate until serving.
- Set oven control to broil.
- Place peach halves, cut sides up, on large piece of heavy-duty aluminum foil.
- Sprinkle with brown sugar, cinnamon and liqueur. Fold foil over peaches and seal.
- Broil foil packet with top about 4 inches from heat about 15 minutes or until peaches are heated through.
- Serve hot with blackberry sauce.
- Garnish with additional blackberries.

## Nutrition Facts



## Properties

Glycemic Index:16.56, Glycemic Load:3.24, Inflammation Score:-5, Nutrition Score:5.9817391893138%

## Flavonoids

Cyanidin: 72.09mg, Cyanidin: 72.09mg, Cyanidin: 72.09mg, Cyanidin: 72.09mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.73mg, Catechin: 26.73mg, Catechin: 26.73mg, Catechin: 26.73mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Naringenin: 0.01mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg, Quercetin: 2.59mg

## **Nutrients (% of daily need)**

Calories: 81.75kcal (4.09%), Fat: 1.67g (2.57%), Saturated Fat: 0.24g (1.53%), Carbohydrates: 16.94g (5.65%), Net Carbohydrates: 12.86g (4.68%), Sugar: 12.41g (13.79%), Cholesterol: 0mg (0%), Sodium: 2.61mg (0.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.59g (3.18%), Manganese: 0.57mg (28.33%), Vitamin C: 15.76mg (19.1%), Fiber: 4.07g (16.29%), Vitamin K: 15.39µg (14.66%), Copper: 0.19mg (9.51%), Magnesium: 24mg (6%), Vitamin E: 0.88mg (5.87%), Folate: 19.13µg (4.78%), Potassium: 148.63mg (4.25%), Iron: 0.72mg (4.02%), Zinc: 0.57mg (3.83%), Phosphorus: 34.47mg (3.45%), Vitamin A: 156.02IU (3.12%), Calcium: 28.84mg (2.88%), Vitamin B3: 0.52mg (2.58%), Vitamin B5: 0.24mg (2.38%), Vitamin B6: 0.04mg (1.92%), Vitamin B1: 0.03mg (1.84%), Selenium: 0.99µg (1.42%), Vitamin B2: 0.02mg (1.35%)