



Broiled Peaches with Blackberry Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



191 kcal

SIDE DISH

Ingredients

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

Equipment

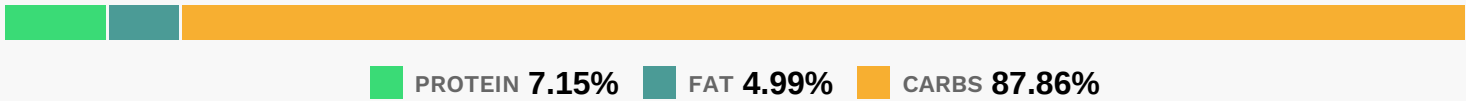
- ☐ oven

- ☐ 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:15.32, Glycemic Load:13.42, Inflammation Score:-8, Nutrition Score:12.822608719701%

Flavonoids

Cyanidin: 77.72mg, Cyanidin: 77.72mg, Cyanidin: 77.72mg, Cyanidin: 77.72mg 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: 41.44mg, Catechin: 41.44mg, Catechin: 41.44mg, Catechin: 41.44mg Epigallocatechin: 3.19mg, Epigallocatechin: 3.19mg, Epigallocatechin: 3.19mg, Epigallocatechin: 3.19mg Epicatechin: 10.38mg, Epicatechin: 10.38mg, Epicatechin: 10.38mg, Epicatechin: 10.38mg Epigallocatechin 3-gallate: 1.39mg, Epigallocatechin 3-gallate: 1.39mg, Epigallocatechin 3-gallate: 1.39mg, Epigallocatechin 3-gallate: 1.39mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg, Kaempferol: 0.85mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg, Quercetin: 4.56mg

Nutrients (% of daily need)

Calories: 190.95kcal (9.55%), Fat: 1.17g (1.8%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 46.27g (15.42%), Net Carbohydrates: 37.8g (13.75%), Sugar: 37.39g (41.54%), Cholesterol: 0mg (0%), Sodium: 41.24mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Manganese: 0.7mg (34.95%), Fiber: 8.46g (33.86%), Vitamin C: 27.83mg (33.73%), Vitamin A: 1133.44IU (22.67%), Vitamin K: 23.34µg (22.23%), Vitamin E: 3.04mg (20.27%), Copper: 0.36mg (17.9%), Vitamin B3: 2.9mg (14.5%), Potassium: 493.89mg (14.11%), Magnesium: 39.16mg (9.79%), Selenium: 6.69µg (9.56%), Folate: 36.29µg (9.07%), Iron: 1.54mg (8.57%), Phosphorus: 82.57mg (8.26%), Zinc: 1.09mg (7.27%), Vitamin B2: 0.11mg (6.71%), Vitamin B5: 0.67mg (6.7%), Vitamin B1: 0.09mg (5.78%), Vitamin B6: 0.1mg (5.03%), Calcium: 39.61mg (3.96%)