



## Broiled Peaches with Blackberry Sauce



Vegetarian



Gluten Free



Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



192 kcal

SIDE DISH

### Ingredients

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

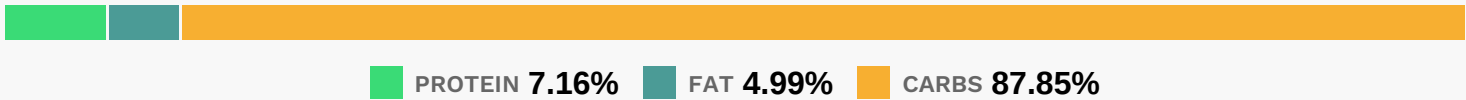
# Equipment

- ☐ 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 alumium 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:18.44, Glycemic Load:13.43, Inflammation Score:-8, Nutrition Score:12.908260905224%

# Flavonoids

Cyanidin: 78.72mg, Cyanidin: 78.72mg, Cyanidin: 78.72mg, Cyanidin: 78.72mg Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 41.81mg, Catechin: 41.81mg, Catechin: 41.81mg, Catechin: 41.81mg Epigallocatechin: 3.19mg, Epigallocatechin: 3.19mg, Epigallocatechin: 3.19mg, Epigallocatechin: 3.19mg Epicatechin: 10.42mg, Epicatechin: 10.42mg, Epicatechin: 10.42mg, Epicatechin: 10.42mg Epigallocatechin 3-gallate: 1.4mg, Epigallocatechin 3-gallate: 1.4mg, Epigallocatechin 3-gallate: 1.4mg, Epigallocatechin 3-gallate: 1.4mg 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

0.01mg Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg, Kaempferol: 0.86mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg, Quercetin: 4.6mg

Nutrients (% of daily need)

Calories: 191.54kcal (9.58%), Fat: 1.17g (1.8%), Saturated Fat: 0.07g (0.43%), Carbohydrates: 46.42g (15.47%), Net Carbohydrates: 37.9g (13.78%), Sugar: 37.44g (41.61%), Cholesterol: 0mg (0%), Sodium: 41.26mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.78g (7.57%), Manganese: 0.71mg (35.28%), Vitamin C: 28.23mg (34.22%), Fiber: 8.52g (34.08%), Vitamin A: 1135.9IU (22.72%), Vitamin K: 23.54µg (22.42%), Vitamin E: 3.05mg (20.36%), Copper: 0.36mg (17.99%), Vitamin B3: 2.91mg (14.53%), Potassium: 496.25mg (14.18%), Magnesium: 39.41mg (9.85%), Selenium: 6.7µg (9.57%), Folate: 36.6µg (9.15%), Iron: 1.55mg (8.61%), Phosphorus: 82.87mg (8.29%), Zinc: 1.1mg (7.31%), Vitamin B5: 0.67mg (6.73%), Vitamin B2: 0.11mg (6.73%), Vitamin B1: 0.09mg (5.81%), Vitamin B6: 0.1mg (5.06%), Calcium: 39.99mg (4%)