



Broiled Peaches with Crème Fraîche

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 4 servings crème fraîche sour
- ☐ 4 peaches pitted halved
- ☐ 3 tablespoons sugar

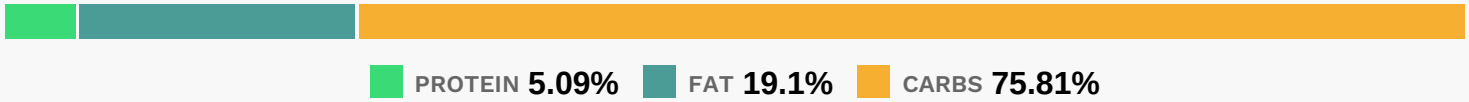
Equipment

- ☐ baking pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ Line a small shallow baking pan with foil and arrange peaches cut sides up.
- ☐ Sprinkle peaches evenly with sugar and let stand 10 minutes.
- ☐ Broil 4 to 5 inches from heat until sugar is golden brown and peaches are tender, 6 to 8 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:27.59, Glycemic Load:11.48, Inflammation Score:-5, Nutrition Score:4.1999999660513%

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: 121.41kcal (6.07%), Fat: 2.76g (4.25%), Saturated Fat: 1.24g (7.75%), Carbohydrates: 24.67g (8.22%), Net Carbohydrates: 22.42g (8.15%), Sugar: 21.98g (24.42%), Cholesterol: 7.08mg (2.36%), Sodium: 23.31mg (1.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin A: 563.76IU (11.28%), Fiber: 2.25g (9%), Vitamin E: 1.14mg (7.6%), Vitamin C: 6.26mg (7.59%), Vitamin B3: 1.22mg (6.1%), Copper: 0.12mg (5.99%), Potassium: 198.18mg (5.66%), Selenium: 3.65µg (5.21%), Manganese: 0.09mg (4.66%), Vitamin K: 4.68µg (4.46%), Phosphorus: 42.12mg (4.21%), Vitamin B2: 0.07mg (4.02%), Magnesium: 13.2mg (3.3%), Iron: 0.52mg (2.9%), Vitamin B5: 0.27mg (2.7%), Zinc: 0.39mg (2.57%), Vitamin B1: 0.04mg (2.56%), Folate: 9.72µg (2.43%), Vitamin B6: 0.04mg (2.12%), Calcium: 18.21mg (1.82%)