



## Brown-Sugar Grilled Peaches

 Gluten Free

READY IN



15 min.

SERVINGS



5

CALORIES



246 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 2 tablespoons brown sugar light packed
- ☐ 4 peaches ripe cut in half, pits removed
- ☐ 2 tablespoons butter unsalted melted
- ☐ 5 servings whipped cream

### Equipment

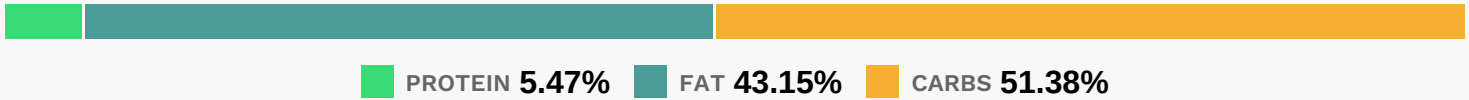
- ☐ bowl
- ☐ knife

- ☐ grill
- ☐ grill pan

## Directions

- ☐ Preheat grill or grill pan to medium. In a small bowl, mix sugar and cinnamon.
- ☐ Brush cut side of peaches lightly with butter.
- ☐ Oil grill.
- ☐ Place peaches cut-side down on grill and cook until grill marks appear, 3 to 4 minutes.
- ☐ Brush bottoms lightly with remaining butter and turn peaches over.
- ☐ Sprinkle sugar mixture over cut side of peaches, cover grill and cook until sugar has melted and caramelized and peaches are easily pierced with a sharp paring knife, 3 to 6 minutes longer.
- ☐ Serve immediately, with ice cream, if desired.

## Nutrition Facts



## Properties

Glycemic Index:21.25, Glycemic Load:13.37, Inflammation Score:-5, Nutrition Score:6.0117391710696%

## Flavonoids

Cyanidin: 2.3mg, Cyanidin: 2.3mg, Cyanidin: 2.3mg, Cyanidin: 2.3mg Catechin: 5.9mg, Catechin: 5.9mg, Catechin: 5.9mg, Catechin: 5.9mg Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg, Epigallocatechin: 1.25mg Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg, Quercetin: 0.79mg

## Nutrients (% of daily need)

Calories: 245.66kcal (12.28%), Fat: 12.13g (18.66%), Saturated Fat: 7.38g (46.13%), Carbohydrates: 32.49g (10.83%), Net Carbohydrates: 30.17g (10.97%), Sugar: 28.72g (31.91%), Cholesterol: 41.08mg (13.69%), Sodium: 70.37mg (3.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.46g (6.92%), Vitamin A: 809.3IU (16.19%), Vitamin B2: 0.2mg (11.62%), Phosphorus: 97.3mg (9.73%), Calcium: 95.61mg (9.56%), Fiber: 2.32g (9.26%), Potassium: 285.9mg (8.17%), Vitamin E: 1.21mg (8.04%), Vitamin C: 5.32mg (6.45%), Vitamin B5: 0.58mg (5.8%), Copper: 0.11mg (5.61%), Selenium: 3.82µg (5.46%), Vitamin B3: 1.05mg (5.26%), Manganese: 0.1mg (4.96%), Zinc: 0.74mg (4.93%),

Magnesium: 19.44mg (4.86%), Vitamin B12: 0.27µg (4.45%), Vitamin K: 4.22µg (4.02%), Vitamin B1: 0.06mg (3.74%),  
Vitamin B6: 0.06mg (3.2%), Iron: 0.51mg (2.84%), Folate: 10.72µg (2.68%), Vitamin D: 0.22µg (1.44%)