



California-Style Peach Melbas

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



349 kcal

SIDE DISH

Ingredients

- 1.3 cups vanilla yogurt frozen low-fat
- 2 large peaches ripe peeled sliced
- 1 cup raspberries fresh
- 1.5 tablespoons currant jelly red
- 10 ounce strawberries in syrup light frozen thawed
- 0.5 cup non-dairy whipped topping fat-free frozen thawed

Equipment

- blender

microwave

Directions

Place strawberries and syrup in a blender; process 20 seconds.

Place jelly in a custard cup; microwave at HIGH 25 seconds. Stir into strawberry puree.

Spoon 1/3 cup frozen yogurt into each serving dish.

Drizzle each serving with 5 tablespoons sauce, and top evenly with peaches and raspberries. Dollop each with 2 tablespoons whipped topping.

Serve immediately.

Nutrition Facts

 **PROTEIN 5.23%** **FAT 8.33%** **CARBS 86.44%**

Properties

Glycemic Index:30.31, Glycemic Load:6.25, Inflammation Score:-4, Nutrition Score:6.8878261550613%

Flavonoids

Cyanidin: 15.41mg, Cyanidin: 15.41mg, Cyanidin: 15.41mg, Cyanidin: 15.41mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg, Catechin: 4.7mg Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg, Epigallocatechin: 1.05mg Epicatechin: 3.1mg, Epicatechin: 3.1mg, Epicatechin: 3.1mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 349.18kcal (17.46%), Fat: 3.59g (5.53%), Saturated Fat: 1.93g (12.09%), Carbohydrates: 83.85g (27.95%), Net Carbohydrates: 80.46g (29.26%), Sugar: 67.51g (75.01%), Cholesterol: 2.46mg (0.82%), Sodium: 112.91mg (4.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.07g (10.14%), Vitamin C: 12.49mg (15.14%), Calcium: 138.52mg (13.85%), Fiber: 3.38g (13.53%), Manganese: 0.26mg (13.16%), Vitamin B2: 0.21mg (12.34%), Phosphorus: 97.67mg (9.77%), Vitamin A: 413.32IU (8.27%), Potassium: 269.23mg (7.69%), Vitamin E: 0.97mg (6.47%), Copper: 0.12mg (6.19%), Selenium: 3.91µg (5.59%), Vitamin B5: 0.54mg (5.44%), Magnesium: 21.37mg (5.34%), Vitamin B3: 1.06mg (5.3%), Vitamin K: 5.14µg (4.89%), Vitamin B12: 0.28µg (4.63%), Vitamin B6: 0.09mg (4.49%), Vitamin B1:

0.06mg (4.23%), Folate: 16.85µg (4.21%), Iron: 0.69mg (3.82%), Zinc: 0.56mg (3.75%)