



Caramel poached peaches with blueberries



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



3

CALORIES



407 kcal

SIDE DISH

Ingredients

- ☐ 250 g sugar
- ☐ 1 strips lemon zest
- ☐ 1 vanilla pod cut in half and seeds scraped out
- ☐ 3 peaches ripe
- ☐ 100 g blueberries

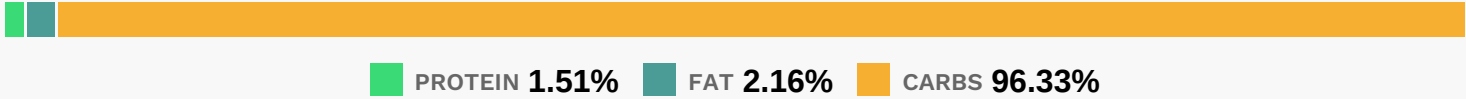
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat an empty, heavy-based saucepan until you can feel a strong heat rising.
- ☐ Sprinkle in the sugar. It should start to caramelise. Swirl the pan as the sugar dissolves and turns dark golden, but do not stir.
- ☐ When most of the sugar has caramelised, carefully pour in 500ml/18fl oz just-boiled water, and stir with a long handled spoon. It will spit, so take care. The sugar will become firm, but keep heating and stirring and it will dissolve again.
- ☐ Add the lemon zest and vanilla. Simmer for 5 mins.
- ☐ Score the peaches in half and twist to separate.
- ☐ Remove the stones. Slip the peaches into the syrup in a single layer.
- ☐ Return the liquor to a gentle simmer and turn down the heat until it barely simmers. Cook for 3-5 mins until the flesh feels tender when pierced.
- ☐ Remove the pan from the heat, mix in the lemon juice and allow to cool.
- ☐ Mix in the blueberries and serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:50.11, Glycemic Load:64.98, Inflammation Score:-5, Nutrition Score:5.1860869734184%

Flavonoids

Cyanidin: 5.7mg, Cyanidin: 5.7mg, Cyanidin: 5.7mg, Cyanidin: 5.7mg Petunidin: 10.51mg, Petunidin: 10.51mg, Petunidin: 10.51mg, Petunidin: 10.51mg Delphinidin: 11.81mg, Delphinidin: 11.81mg, Delphinidin: 11.81mg, Delphinidin: 11.81mg Malvidin: 22.53mg, Malvidin: 22.53mg, Malvidin: 22.53mg, Malvidin: 22.53mg Peonidin: 6.76mg, Peonidin: 6.76mg, Peonidin: 6.76mg, Peonidin: 6.76mg Catechin: 9.14mg, Catechin: 9.14mg, Catechin: 9.14mg, Catechin: 9.14mg Epigallocatechin: 1.78mg, Epigallocatechin: 1.78mg, Epigallocatechin: 1.78mg, Epigallocatechin: 1.78mg Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg, Epicatechin: 3.72mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg, Kaempferol: 0.88mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 406.91kcal (20.35%), Fat: 1.03g (1.59%), Saturated Fat: 0.04g (0.24%), Carbohydrates: 103.45g (34.48%), Net Carbohydrates: 100.37g (36.5%), Sugar: 99.09g (110.1%), Cholesterol: 0mg (0%), Sodium: 20.69mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.62g (3.23%), Fiber: 3.09g (12.34%), Vitamin C: 9.81mg (11.89%), Vitamin K: 10.93µg (10.41%), Manganese: 0.21mg (10.34%), Vitamin A: 507.17IU (10.14%), Vitamin E: 1.29mg (8.57%), Copper: 0.14mg (7.11%), Vitamin B3: 1.35mg (6.75%), Potassium: 210.87mg (6.02%), Selenium: 3.69µg (5.27%), Vitamin B2: 0.08mg (4.49%), Phosphorus: 37.04mg (3.7%), Iron: 0.65mg (3.6%), Magnesium: 14.05mg (3.51%), Vitamin B1: 0.05mg (3.24%), Vitamin B6: 0.06mg (2.77%), Folate: 11.04µg (2.76%), Vitamin B5: 0.27mg (2.72%), Zinc: 0.41mg (2.72%)