



Caramelized Peaches with Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



391 kcal

SIDE DISH

Ingredients

- ☐ 6 peaches unpeeled
- ☐ 0.8 cup sugar
- ☐ 4 tablespoons butter unsalted cut into pieces
- ☐ 1 teaspoon vanilla extract
- ☐ 1 pint whipped cream

Equipment

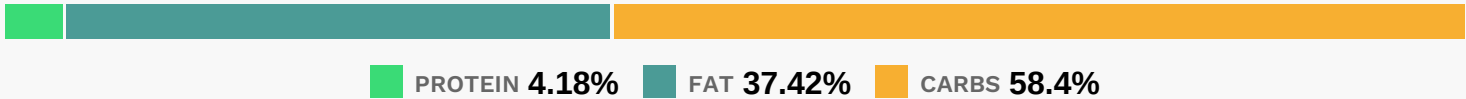
- ☐ bowl
- ☐ frying pan

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 400 F. In a 9-by-13-inch baking dish, combine the butter, sugar, vanilla, and 1/4 cup water.
- ☐ Place the dish in the heating oven until the butter melts.
- ☐ Remove from oven and stir to combine.
- ☐ Cut each peach in half and remove the pits. Arrange the peach halves in the dish cut-side down. Roast until the peaches are tender, about 20 minutes. If desired, slip the peach skins off and discard.Divide the warm peach halves among 6 bowls cut-side up, spoon the pan juices over the top, and serve with a scoop of the ice cream.

Nutrition Facts



Properties

Glycemic Index:28.56, Glycemic Load:33.66, Inflammation Score:-6, Nutrition Score:7.3617391171663%

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: 391.34kcal (19.57%), Fat: 16.73g (25.74%), Saturated Fat: 10.18g (63.61%), Carbohydrates: 58.75g (19.58%), Net Carbohydrates: 55.95g (20.35%), Sugar: 54.34g (60.38%), Cholesterol: 54.77mg (18.26%), Sodium: 83.93mg (3.65%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Protein: 4.2g (8.41%), Vitamin A: 1054.25IU (21.09%), Vitamin B2: 0.24mg (14.37%), Phosphorus: 118.09mg (11.81%), Fiber: 2.8g (11.21%), Calcium: 109.51mg (10.95%), Vitamin E: 1.55mg (10.32%), Potassium: 343.66mg (9.82%), Vitamin C: 6.62mg (8.03%), Vitamin B5: 0.7mg (6.98%), Copper: 0.14mg (6.94%), Selenium: 4.81µg (6.88%), Vitamin B3: 1.31mg (6.54%), Zinc: 0.9mg (6.01%), Magnesium: 23.31mg (5.83%), Vitamin B12: 0.32µg (5.39%), Vitamin K: 5.39µg (5.13%), Manganese: 0.1mg (5.04%), Vitamin B1: 0.07mg (4.59%), Vitamin B6: 0.08mg (3.79%), Folate: 13.22µg (3.31%), Iron: 0.6mg (3.31%), Vitamin D: 0.3µg (1.98%)