



Cinnamon and Brown Sugar Peaches

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



199 kcal

SIDE DISH

Ingredients

- 1 Tbsp brown sugar
- 1 tsp ground cinnamon
- 29 oz peach halves in juice drained well canned
- 1 cup vanilla yogurt low-fat
- 0.3 cup planters walnuts chopped

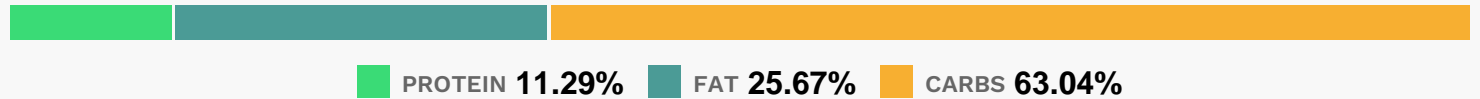
Equipment

- microwave

Directions

- Place peach halves, cut-sides up, in microwaveable pie plate.
- Combine next 3 ingredients; sprinkle over peaches.
- Microwave on HIGH 30 sec. to 1 min. or until sugar begins to melt and peaches are heated through. Top with yogurt.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:16.31, Glycemic Load:7.23, Inflammation Score:-6, Nutrition Score:9.7326085878455%

Flavonoids

Cyanidin: 4.14mg, Cyanidin: 4.14mg, Cyanidin: 4.14mg, Cyanidin: 4.14mg Catechin: 10.11mg, Catechin: 10.11mg, Catechin: 10.11mg, Catechin: 10.11mg Epigallocatechin: 2.14mg, Epigallocatechin: 2.14mg, Epigallocatechin: 2.14mg, Epigallocatechin: 2.14mg Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg, Epigallocatechin 3-gallate: 0.62mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 199.22kcal (9.96%), Fat: 6.1g (9.38%), Saturated Fat: 0.98g (6.15%), Carbohydrates: 33.68g (11.23%), Net Carbohydrates: 29.76g (10.82%), Sugar: 28.81g (32.01%), Cholesterol: 3.06mg (1.02%), Sodium: 68.2mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.03g (12.06%), Manganese: 0.49mg (24.65%), Fiber: 3.92g (15.67%), Phosphorus: 153.74mg (15.37%), Copper: 0.29mg (14.41%), Vitamin A: 699.76IU (14%), Calcium: 129.13mg (12.91%), Potassium: 423.93mg (12.11%), Vitamin B2: 0.2mg (11.65%), Selenium: 7.73µg (11.05%), Vitamin C: 9.04mg (10.95%), Vitamin E: 1.58mg (10.53%), Magnesium: 38.46mg (9.61%), Vitamin B3: 1.82mg (9.08%), Zinc: 1.22mg (8.13%), Vitamin B5: 0.7mg (7.01%), Vitamin B1: 0.1mg (6.68%), Folate: 26.3µg (6.58%), Vitamin K: 6.63µg (6.31%), Vitamin B6: 0.12mg (6.02%), Iron: 1.03mg (5.72%), Vitamin B12: 0.32µg (5.41%)