



Cinnamon Peaches with Sugar Biscuits and Whipped Cream

READY IN



15 min.

SERVINGS



4

CALORIES



500 kcal

SIDE DISH

Ingredients

- 1 tube package bake off biscuits store bought
- 0.3 cup granulated sugar white
- 0.5 teaspoon ground cinnamon
- 2 pinches ground nutmeg
- 1 pint heavy cream
- 1 can peaches in heavy syrup sliced

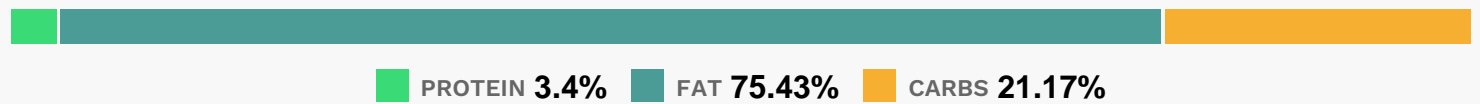
Equipment

- baking sheet
- sauce pan
- oven
- hand mixer

Directions

- Place biscuits on a cookie sheet and sprinkle with 2 tablespoons sugar.
- Bake at 425 degrees F for 10 minutes or until golden at edges.
- Heat peaches seasoned with cinnamon and nutmeg over low heat in a small saucepan.
- Beat cream and remaining 2 tablespoons sugar with hand mixer until soft peaks form.
- Split warm biscuits and fill with spoonfuls of warm peaches. Top with sugared biscuit top and serve with lots of fresh whipped cream.

Nutrition Facts



Properties

Glycemic Index:62.34, Glycemic Load:12.67, Inflammation Score:-8, Nutrition Score:7.8960869726927%

Flavonoids

Cyanidin: 2.07mg, Cyanidin: 2.07mg, Cyanidin: 2.07mg, Cyanidin: 2.07mg Catechin: 5.31mg, Catechin: 5.31mg, Catechin: 5.31mg, Catechin: 5.31mg Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg, Epigallocatechin: 1.12mg Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg, Epigallocatechin 3-gallate: 0.32mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 500.21kcal (25.01%), Fat: 43.29g (66.59%), Saturated Fat: 27.38g (171.12%), Carbohydrates: 27.33g (9.11%), Net Carbohydrates: 25.47g (9.26%), Sugar: 25.19g (27.99%), Cholesterol: 133.67mg (44.56%), Sodium: 47.09mg (2.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.39g (8.79%), Vitamin A: 2092.46IU (41.85%), Vitamin B2: 0.26mg (15.26%), Vitamin D: 1.89µg (12.62%), Vitamin E: 1.89mg (12.59%), Phosphorus: 93.76mg (9.38%), Calcium: 85.98mg (8.6%), Selenium: 5.92µg (8.46%), Fiber: 1.86g (7.44%), Potassium: 247.44mg (7.07%), Vitamin K: 7.13µg (6.79%), Manganese: 0.13mg (6.34%), Vitamin C: 5.16mg (6.26%), Copper: 0.1mg (5.22%), Vitamin B3: 0.96mg (4.82%), Vitamin B5: 0.47mg (4.69%), Magnesium: 18.02mg (4.51%), Zinc: 0.55mg (3.67%), Vitamin B6:

0.07mg (3.49%), Vitamin B1: 0.05mg (3.48%), Vitamin B12: 0.19µg (3.15%), Iron: 0.54mg (2.97%), Folate: 11.81µg (2.95%)