



## Cinnamony-Stuffed Grilled Peaches

 Gluten Free

READY IN



60 min.

SERVINGS



12

CALORIES



168 kcal

SIDE DISH

### Ingredients

- 6 oz vanilla yogurt fat free french 99% yoplait®
- 0.3 cup sugar
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon ground cloves
- 6 large peaches pitted ripe unpeeled cut in half and
- 2 tablespoons butter melted
- 1 cup pinenuts
- 0.3 cup mrs richardson's butterscotch caramel sauce warmed

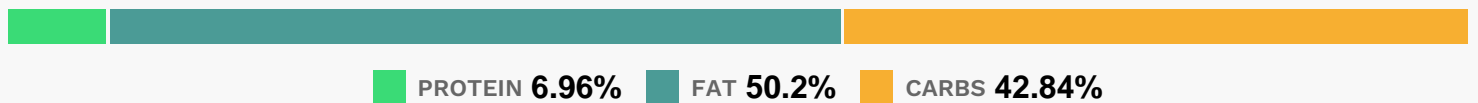
## Equipment

- bowl
- hand mixer
- grill

## Directions

- In small bowl, beat cream cheese with electric mixer on low speed until smooth; beat in yogurt until smooth. Refrigerate about 30 minutes or until chilled.
- Heat gas or charcoal grill. In small bowl, mix sugar, cinnamon and cloves; set aside.
- Carefully brush grill rack with vegetable oil.
- Place peach halves, cut sides down, on grill. Cover grill; cook over medium heat 3 minutes.
- Turn peach halves cut sides up.
- Brush cut sides with butter; sprinkle each half with about 1 teaspoon sugar mixture. Cover grill; cook about 3 minutes longer or until softened. Turn peach halves cut sides down; cook 30 to 60 seconds longer or until cut sides are caramelized.
- To serve, spoon slightly less than 2 tablespoons yogurt mixture into each peach half; sprinkle each with 1 tablespoon cereal.
- Drizzle with warm caramel topping.

## Nutrition Facts



## Properties

Glycemic Index:9.61, Glycemic Load:5.94, Inflammation Score:-5, Nutrition Score:7.5891305208206%

## Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg

0.19mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

## Nutrients (% of daily need)

Calories: 167.82kcal (8.39%), Fat: 10.01g (15.39%), Saturated Fat: 1.07g (6.71%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 17.43g (6.34%), Sugar: 16.55g (18.38%), Cholesterol: 0.71mg (0.24%), Sodium: 59.18mg (2.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.24%), Manganese: 1.09mg (54.31%), Vitamin E: 1.77mg (11.81%), Copper: 0.22mg (10.97%), Phosphorus: 105.54mg (10.55%), Magnesium: 37.97mg (9.49%), Vitamin K: 8.79µg (8.37%), Vitamin A: 382.62IU (7.65%), Fiber: 1.79g (7.15%), Zinc: 1.05mg (6.98%), Vitamin B3: 1.22mg (6.08%), Potassium: 209.91mg (6%), Iron: 0.94mg (5.24%), Vitamin B2: 0.08mg (4.88%), Vitamin C: 3.82mg (4.63%), Vitamin B1: 0.07mg (4.55%), Selenium: 2.7µg (3.86%), Calcium: 33.69mg (3.37%), Folate: 10.77µg (2.69%), Vitamin B5: 0.26mg (2.57%), Vitamin B6: 0.04mg (1.97%), Vitamin B12: 0.09µg (1.43%)