

Double Dare Peaches

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



636 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar
- 0.3 cup butter
- 1 teaspoon ground cinnamon
- 8 peaches fresh pitted peeled sliced
- 2 pasilla peppers halved seeded
- 0.5 gallon whipped cream

Equipment

- bowl

frying pan

Directions

- Melt the butter in a large skillet over medium–low heat.
- Add the habanero peppers, and cook 5 to 8 minutes, stirring frequently.
- Remove and discard the peppers, then stir the peaches into the flavored butter. Increase the heat to medium–high. Cook and stir until the peaches begin to sizzle in the butter, then stir in the brown sugar and cinnamon. Continue stirring until the peaches are tender and the sugar has turned into a golden brown glaze, 3 to 5 minutes more.
- Spoon the peaches into individual bowls. Scoop the ice cream over the peaches, and sprinkle with peanut brittle to serve.

Nutrition Facts



PROTEIN 6.17% **FAT 44.82%** **CARBS 49.01%**

Properties

Glycemic Index:20.78, Glycemic Load:38.33, Inflammation Score:-8, Nutrition Score:15.797391310982%

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 Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg, Luteolin: 1.4mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 636.29kcal (31.81%), Fat: 32.24g (49.59%), Saturated Fat: 19.76g (123.48%), Carbohydrates: 79.32g (26.44%), Net Carbohydrates: 74.77g (27.19%), Sugar: 70.13g (77.93%), Cholesterol: 119.35mg (39.78%), Sodium: 257.23mg (11.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.98g (19.96%), Vitamin C: 31.5mg (38.18%), Vitamin B2: 0.63mg (36.77%), Vitamin A: 1773.12IU (35.46%), Calcium: 321.72mg (32.17%), Phosphorus: 289.51mg (28.95%), Potassium: 717.8mg (20.51%), Fiber: 4.54g (18.18%), Vitamin B5: 1.65mg (16.51%), Vitamin B12: 0.93µg (15.58%), Vitamin E: 2.09mg (13.9%), Zinc: 2.03mg (13.53%), Magnesium: 49.01mg (12.25%), Vitamin B6: 0.22mg (11.06%), Selenium: 7.57µg (10.81%), Vitamin B1: 0.15mg (10.02%), Copper: 0.2mg (9.76%), Manganese: 0.19mg (9.74%), Vitamin B3: 1.64mg (8.2%), Vitamin K: 7.99µg (7.61%), Folate: 24.1µg (6.03%), Iron: 0.9mg (4.97%), Vitamin

D: 0.47 μ g (3.15%)