



Easy Peach Dish

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

SIDE DISH

Ingredients

- 0.3 cup firmly brown sugar packed
- 1 teaspoon ground cinnamon
- 1 Dash ground nutmeg
- 3 tablespoons butter
- 45 ounce peach halves in heavy syrup drained canned

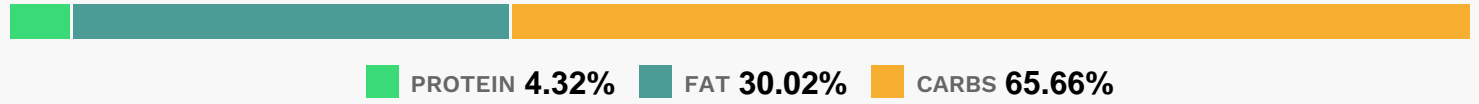
Equipment

- oven
- baking pan

Directions

- Place peach halves in an 11" x 7" x 1 1/2" baking dish.
- Sprinkle with brown sugar, cinnamon, and nutmeg; dot with butter.
- Bake, uncovered, at 325 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:19.21, Glycemic Load:7.4, Inflammation Score:-6, Nutrition Score:6.0760869406488%

Flavonoids

Cyanidin: 4.08mg, Cyanidin: 4.08mg, Cyanidin: 4.08mg, Cyanidin: 4.08mg Catechin: 10.46mg, Catechin: 10.46mg, Catechin: 10.46mg, Catechin: 10.46mg Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg, Epigallocatechin: 2.21mg Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg, Epicatechin: 4.98mg Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg, Epigallocatechin 3-gallate: 0.64mg Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg, Kaempferol: 0.47mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 176.16kcal (8.81%), Fat: 6.27g (9.65%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 30.88g (10.29%), Net Carbohydrates: 27.48g (9.99%), Sugar: 26.79g (29.76%), Cholesterol: 0mg (0%), Sodium: 96.28mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.06%), Vitamin A: 944.69IU (18.89%), Fiber: 3.4g (13.6%), Vitamin E: 1.78mg (11.85%), Vitamin C: 8.75mg (10.61%), Manganese: 0.2mg (9.93%), Vitamin B3: 1.73mg (8.66%), Copper: 0.17mg (8.65%), Potassium: 276.55mg (7.9%), Selenium: 4.59µg (6.55%), Vitamin K: 6.48µg (6.17%), Phosphorus: 49.32mg (4.93%), Magnesium: 18.55mg (4.64%), Iron: 0.82mg (4.56%), Vitamin B2: 0.07mg (4.04%), Vitamin B1: 0.05mg (3.49%), Vitamin B5: 0.34mg (3.44%), Zinc: 0.5mg (3.34%), Folate: 13.07µg (3.27%), Vitamin B6: 0.06mg (2.92%), Calcium: 21.86mg (2.19%)