

Fresh Peach Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



45 kcal

SAUCE

Ingredients

- 0.1 teaspoon almond extract
- 2 tablespoons cornstarch
- 1 Dash nutmeg
- 1 cup peaches fresh peeled sliced
- 3 tablespoons sugar
- 0.5 cup water

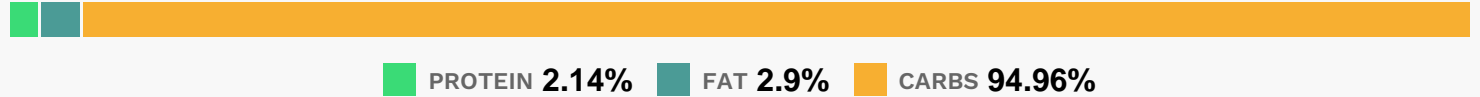
Equipment

- sauce pan

Directions

- In a large saucepan, bring water, sugar, cornstarch and nutmeg to a boil; boil for 1 minute.
- Add peaches. Bring to a boil; boil another 1-2 minutes.
- Remove from the heat; stir in extract.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.06, Glycemic Load:5.11, Inflammation Score:-1, Nutrition Score:0.72869564981564%

Flavonoids

Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg, Cyanidin: 0.49mg Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg, Catechin: 1.26mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg, Epicatechin: 0.6mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 45.15kcal (2.26%), Fat: 0.15g (0.23%), Saturated Fat: 0.05g (0.3%), Carbohydrates: 11.09g (3.7%), Net Carbohydrates: 10.65g (3.87%), Sugar: 8.2g (9.11%), Cholesterol: 0mg (0%), Sodium: 4.66mg (0.2%), Alcohol: 0.03g (100%), Alcohol %: 0.07% (100%), Protein: 0.25g (0.5%), Fiber: 0.44g (1.77%), Vitamin A: 83.84IU (1.68%), Copper: 0.03mg (1.33%), Vitamin C: 1.06mg (1.28%), Vitamin E: 0.19mg (1.25%), Manganese: 0.02mg (1.12%), Vitamin B3: 0.21mg (1.05%)