



Fresh Peaches with Amaretto Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



136 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons sugar
- ☐ 1 tablespoon cornstarch
- ☐ 1 cup soymilk
- ☐ 1 tablespoon amaretto
- ☐ 1 teaspoon vanilla
- ☐ 4 cups peaches fresh sliced

Equipment

- ☐ sauce pan

☐

whisk

Directions

- ☐ Stir together sugar and cornstarch in 1-quart stainless steel or nonstick saucepan (do not use aluminum because the sauce will discolor). With wire whisk, stir in soymilk and amaretto liqueur until well blended.
- ☐ Heat to boiling over medium heat, stirring constantly. Boil 1 minute, stirring constantly.
- ☐ Remove from heat; stir in vanilla. Refrigerate about 1 hour or until cold.
- ☐ Divide peaches among 4 individual dessert dishes. Spoon amaretto sauce over peaches.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:35.94, Glycemic Load:10.12, Inflammation Score:-6, Nutrition Score:7.6747826182324%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 136.38kcal (6.82%), Fat: 1.62g (2.5%), Saturated Fat: 0.16g (0.97%), Carbohydrates: 26.72g (8.91%), Net Carbohydrates: 24.16g (8.79%), Sugar: 21.74g (24.15%), Cholesterol: 0mg (0%), Sodium: 50.15mg (2.18%), Alcohol: 1.32g (100%), Alcohol %: 0.74% (100%), Protein: 3.15g (6.29%), Vitamin E: 2.61mg (17.41%), Vitamin B3: 3.19mg (15.97%), Vitamin A: 733.91IU (14.68%), Vitamin C: 10.56mg (12.8%), Vitamin B12: 0.64µg (10.62%), Fiber: 2.56g (10.26%), Vitamin B2: 0.17mg (9.86%), Copper: 0.2mg (9.82%), Calcium: 89.01mg (8.9%), Vitamin B6: 0.18mg (8.81%), Potassium: 273.86mg (7.82%), Folate: 28.12µg (7.03%), Selenium: 4.69µg (6.71%), Vitamin B1: 0.07mg (4.92%), Manganese: 0.1mg (4.91%), Vitamin D: 0.71µg (4.72%), Iron: 0.83mg (4.6%), Vitamin K: 4.62µg (4.4%), Phosphorus: 34.42mg (3.44%), Zinc: 0.5mg (3.33%), Magnesium: 12.61mg (3.15%), Vitamin B5: 0.24mg (2.36%)