



## Glazed Grilled Peaches



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



204 kcal

SIDE DISH

## Ingredients

- ☐ 6 tablespoons butter
- ☐ 36 oz firm-ripe peaches
- ☐ 0.3 cup sugar

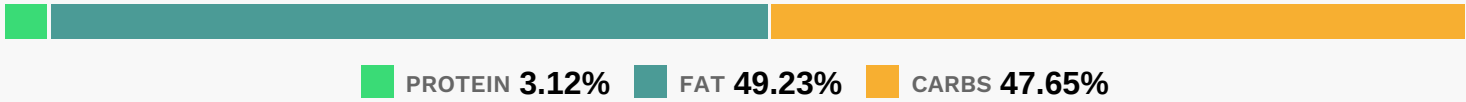
## Equipment

- ☐ frying pan
- ☐ grill

# Directions

- ☐ Rinse peaches; cut each in half and pit. In a 9- to 10-inch frying pan over medium-high heat, melt butter; add sugar and stir until well blended.
- ☐ Remove pan from heat, set peaches in butter mixture, and turn them to coat evenly.
- ☐ Lay peaches, cut side down, on a barbecue grill over a solid bed of medium coals or medium heat on a gas grill (you can hold your hand at grill level only 4 to 5 seconds); close lid on gas grill. Cook until peaches are hot and lightly browned on the bottom.
- ☐ Brush tops with more butter mixture, then turn fruit over and brush cooked sides with mixture. Cook until peaches are warm but still hold their shape, 6 to 10 minutes total.

## Nutrition Facts



## Properties

Glycemic Index:18.39, Glycemic Load:11.71, Inflammation Score:-7, Nutrition Score:4.9743478239878%

## Flavonoids

Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg, Cyanidin: 3.27mg Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg, Catechin: 8.37mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg, Epicatechin: 3.98mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

## Nutrients (% of daily need)

Calories: 204.18kcal (10.21%), Fat: 11.76g (18.09%), Saturated Fat: 2.37g (14.81%), Carbohydrates: 25.61g (8.54%), Net Carbohydrates: 23.05g (8.38%), Sugar: 22.59g (25.1%), Cholesterol: 0mg (0%), Sodium: 154.22mg (6.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.67g (3.35%), Vitamin A: 1055.3IU (21.11%), Vitamin E: 1.68mg (11.17%), Fiber: 2.55g (10.21%), Vitamin C: 7mg (8.49%), Vitamin B3: 1.37mg (6.87%), Copper: 0.13mg (6.66%), Potassium: 213.57mg (6.1%), Manganese: 0.1mg (5.2%), Selenium: 3.62µg (5.17%), Vitamin K: 5.1µg (4.86%), Phosphorus: 40.64mg (4.06%), Magnesium: 14.03mg (3.51%), Vitamin B2: 0.06mg (3.5%), Iron: 0.58mg (3.24%), Vitamin B1: 0.04mg (2.81%), Vitamin B5: 0.27mg (2.72%), Zinc: 0.39mg (2.61%), Folate: 10.35µg (2.59%), Vitamin B6: 0.04mg (2.19%), Calcium: 11.09mg (1.11%)