



Grilled Balsamic-Glazed Peaches

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



186 kcal

SIDE DISH

Ingredients

- 0.5 cup balsamic vinegar
- 3 tablespoons brown sugar
- 6 peaches firm ripe halved
- 1 teaspoon cracked pepper
- 0.1 teaspoon salt
- 0.3 cup vegetable oil

Equipment

- sauce pan

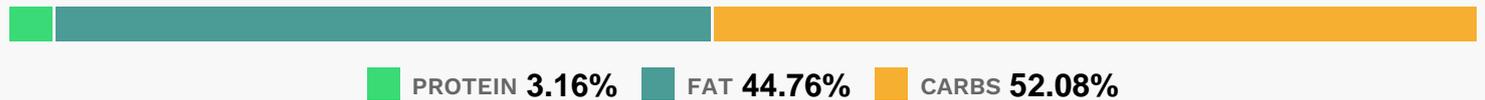
whisk

grill

Directions

- Combine first 4 ingredients in a saucepan. Bring to a boil; reduce heat, and simmer 2 to 3 minutes.
- Place peaches in a shallow dish.
- Pour vinegar mixture over peaches, tossing gently to coat.
- Let stand 10 minutes.
- Remove peaches from vinegar mixture, reserving 2 tablespoons mixture. Set aside remaining vinegar mixture.
- Whisk together reserved 2 tablespoons vinegar mixture and oil, blending well. Set vinaigrette aside.
- Place peach halves, cut sides down, on a lightly greased grill rack. Grill, covered with grill lid, over medium heat (300 to 350 degrees F) for 3 to 5 minutes on each side or until firm and golden, basting with remaining vinegar mixture.
- Serve peaches with vinaigrette.

Nutrition Facts



Properties

Glycemic Index:20.38, Glycemic Load:7.04, Inflammation Score:-5, Nutrition Score:5.1908695127653%

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 Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 185.63kcal (9.28%), Fat: 9.5g (14.61%), Saturated Fat: 1.42g (8.87%), Carbohydrates: 24.87g (8.29%), Net Carbohydrates: 22.53g (8.19%), Sugar: 21.58g (23.98%), Cholesterol: 0mg (0%), Sodium: 74.58mg (3.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.51g (3.02%), Vitamin K: 21.75µg (20.71%), Vitamin E: 1.84mg (12.28%), Vitamin A: 490.82IU (9.82%), Fiber: 2.33g (9.34%), Manganese: 0.17mg (8.29%), Vitamin C: 6.15mg (7.45%), Copper: 0.13mg (6.49%), Potassium: 219.22mg (6.26%), Vitamin B3: 1.22mg (6.1%), Selenium: 3.24µg (4.63%), Iron: 0.74mg (4.11%), Magnesium: 15.66mg (3.92%), Phosphorus: 37.8mg (3.78%), Vitamin B2: 0.05mg (2.77%), Zinc: 0.37mg (2.45%), Vitamin B1: 0.04mg (2.42%), Vitamin B5: 0.24mg (2.42%), Folate: 9.12µg (2.28%), Vitamin B6: 0.04mg (2.05%), Calcium: 18.22mg (1.82%)