



Grilled Brown-Sugar Peaches with White Chocolate



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



278 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons t brown sugar dark packed ()
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 peaches pitted unpeeled halved
- ☐ 3 tablespoons pistachios salted toasted coarsely chopped
- ☐ 4 tablespoons butter unsalted melted ()
- ☐ 0.3 cup chocolate white finely chopped

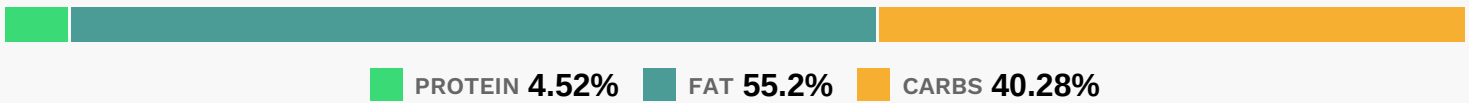
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ tongs

Directions

- ☐ Prepare barbecue (medium-high heat).
- ☐ Whisk first 3 ingredients in large bowl to blend.
- ☐ Add peach halves; toss to coat well.
- ☐ Place peaches, cut side down, on grill. Grill until slightly charred, about 1 minute. Using tongs, turn peaches over. Divide chopped white chocolate among peach cavities and drizzle remaining butter mixture from bowl over chocolate. Grill until chocolate just begins to melt and peaches are charred, about 2 minutes. Divide peach halves among bowls.
- ☐ Sprinkle with pistachios and serve.

Nutrition Facts



Properties

Glycemic Index:33.31, Glycemic Load:9.91, Inflammation Score:-6, Nutrition Score:6.5595651709515%

Flavonoids

Cyanidin: 3.29mg, Cyanidin: 3.29mg, Cyanidin: 3.29mg, Cyanidin: 3.29mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg, Epigallocatechin: 1.68mg Epicatechin: 3.56mg, Epicatechin: 3.56mg, Epicatechin: 3.56mg, Epicatechin: 3.56mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 277.7kcal (13.89%), Fat: 17.85g (27.46%), Saturated Fat: 9.67g (60.42%), Carbohydrates: 29.31g (9.77%), Net Carbohydrates: 26.32g (9.57%), Sugar: 25.34g (28.16%), Cholesterol: 32.41mg (10.8%), Sodium: 32.7mg (1.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.57%), Vitamin A: 866.24IU (17.32%), Fiber: 2.98g (11.94%), Vitamin E: 1.66mg (11.07%), Manganese: 0.21mg (10.4%), Copper: 0.2mg (10.13%), Phosphorus: 83.68mg (8.37%), Potassium: 284.53mg (8.13%), Vitamin C: 6.53mg (7.91%), Vitamin B6: 0.14mg (7.13%), Vitamin B3: 1.38mg

(6.9%), Vitamin K: 6.56µg (6.25%), Vitamin B1: 0.09mg (6.17%), Selenium: 4.26µg (6.08%), Vitamin B2: 0.09mg (5.38%), Magnesium: 21.1mg (5.27%), Iron: 0.82mg (4.57%), Calcium: 44.64mg (4.46%), Zinc: 0.57mg (3.79%), Vitamin B5: 0.35mg (3.5%), Folate: 13.13µg (3.28%), Vitamin B12: 0.09µg (1.42%), Vitamin D: 0.21µg (1.4%)