



Grilled Honey-Glazed Nectarines



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



365 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup honey
- ☐ 4 nectarines firm pitted ripe halved
- ☐ 1 pint whipped cream

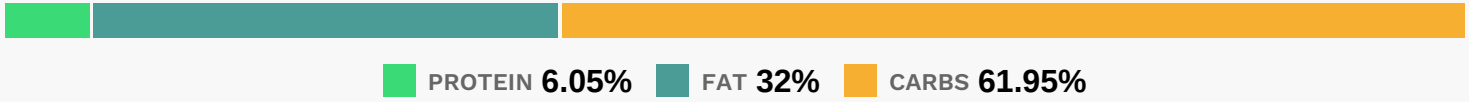
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat a gas grill to medium and oil grates.
- ☐ Brush nectarines all over with honey. Grill, turning several times, until nectarines are slightly softened and show grill marks, 4 to 5 minutes total.
- ☐ Arrange 2 nectarine halves in each of 4 dessert bowls. Top with ice cream and serve.

Nutrition Facts



Properties

Glycemic Index:39.07, Glycemic Load:30.32, Inflammation Score:-6, Nutrition Score:8.2356522238773%

Flavonoids

Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg, Cyanidin: 3.02mg Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg, Catechin: 4.23mg Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg, Epicatechin: 3.61mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 364.66kcal (18.23%), Fat: 13.41g (20.63%), Saturated Fat: 8.03g (50.2%), Carbohydrates: 58.41g (19.47%), Net Carbohydrates: 55.41g (20.15%), Sugar: 53.68g (59.64%), Cholesterol: 52.05mg (17.35%), Sodium: 113.94mg (4.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin B2: 0.33mg (19.43%), Vitamin A: 969.46IU (19.39%), Phosphorus: 161.98mg (16.2%), Calcium: 155.53mg (15.55%), Potassium: 432.44mg (12.36%), Fiber: 3g (12%), Vitamin B5: 0.96mg (9.64%), Vitamin B3: 1.75mg (8.77%), Vitamin E: 1.22mg (8.14%), Zinc: 1.16mg (7.74%), Vitamin B12: 0.46µg (7.69%), Copper: 0.15mg (7.56%), Magnesium: 29.76mg (7.44%), Vitamin B1: 0.1mg (6.45%), Vitamin C: 4.93mg (5.98%), Manganese: 0.1mg (5.15%), Vitamin B6: 0.1mg (4.87%), Folate: 14.86µg (3.71%), Iron: 0.62mg (3.45%), Selenium: 2.3µg (3.28%), Vitamin K: 3.19µg (3.04%), Vitamin D: 0.24µg (1.58%)