



WHATSheATE



Grilled Nectarines with Vanilla-Honey Sauce and Ice Cream



Gluten Free

READY IN



12 min.

SERVINGS



4

CALORIES



354 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 0.3 cup honey
- ☐ 4 nectarines halved
- ☐ 0.3 teaspoon vanilla extract
- ☐ 4 servings whipped cream

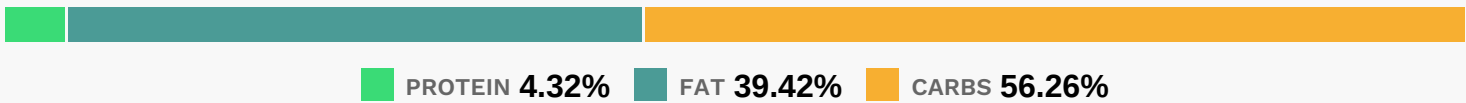
Equipment

- ☐ grill

Directions

- ☐ Combine first 3 ingredients; stir well.
- ☐ Brush cut sides of nectarines with half of honey mixture.
- ☐ Grill nectarines, cut-sides down, over medium heat (325 to 350°F)
- ☐ for 4 minutes or until golden brown and heated through.
- ☐ Serve warm nectarines with vanilla ice cream.
- ☐ Drizzle with remaining honey mixture.

Nutrition Facts



Properties

Glycemic Index:51.57, Glycemic Load:26.05, Inflammation Score:-6, Nutrition Score:6.6417391041051%

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: 353.89kcal (17.69%), Fat: 16.17g (24.88%), Saturated Fat: 9.88g (61.74%), Carbohydrates: 51.93g (17.31%), Net Carbohydrates: 49.28g (17.92%), Sugar: 48.43g (53.81%), Cholesterol: 51.62mg (17.2%), Sodium: 139.93mg (6.08%), Alcohol: 0.09g (100%), Alcohol %: 0.04% (100%), Protein: 3.99g (7.98%), Vitamin A: 1011.69IU (20.23%), Vitamin B2: 0.21mg (12.43%), Phosphorus: 109.89mg (10.99%), Fiber: 2.65g (10.59%), Potassium: 334.94mg (9.57%), Calcium: 91.56mg (9.16%), Vitamin E: 1.31mg (8.72%), Vitamin B3: 1.71mg (8.53%), Copper: 0.14mg (7.1%), Vitamin B5: 0.68mg (6.77%), Magnesium: 22.83mg (5.71%), Vitamin C: 4.66mg (5.64%), Zinc: 0.83mg (5.5%), Manganese: 0.11mg (5.26%), Vitamin B1: 0.08mg (5.06%), Vitamin B12: 0.28µg (4.59%), Vitamin B6: 0.07mg (3.72%), Vitamin K: 3.77µg (3.59%), Iron: 0.61mg (3.37%), Folate: 12.7µg (3.18%), Selenium: 1.52µg (2.17%)