



Grilled Peach Halves with Savory Ginger Glaze



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons brown sugar
- ☐ 1 tablespoon ginger fresh minced peeled
- ☐ 1 tablespoon hoisin sauce
- ☐ 2 tablespoons soya sauce low-sodium
- ☐ 2 tablespoons orange juice
- ☐ 1 teaspoon orange rind grated
- ☐ 6 peaches
- ☐ 2 tablespoons shallots minced

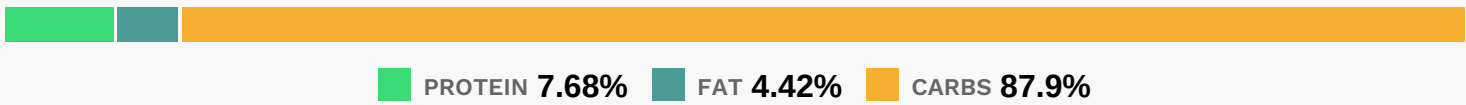
Equipment

- ☐ knife
- ☐ grill
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Cut an X on the bottoms of peaches, carefully cutting just through the skin. Fill a large Dutch oven with water; bring to a boil. Immerse peaches for 20 seconds; remove with a slotted spoon, and plunge into ice water. Slip skins off peaches using a paring knife (skin will be very loose).
- ☐ Cut peaches in half; remove pits.
- ☐ Prepare grill.
- ☐ Combine sugar and next 6 ingredi-ents (sugar through orange juice).
- ☐ Brush cut sides of peaches with marinade.
- ☐ Place peaches, cut sides down, on a grill rack coated with cooking spray; cook 10 minutes or until tender, turning and basting once with marinade.

Nutrition Facts



Properties

Glycemic Index:22.88, Glycemic Load:5.66, Inflammation Score:-5, Nutrition Score:4.8091304457706%

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 Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg

0.33mg, Kaempferol: 0.33mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 100.91kcal (5.05%), Fat: 0.54g (0.82%), Saturated Fat: 0.05g (0.31%), Carbohydrates: 23.95g (7.98%), Net Carbohydrates: 21.41g (7.79%), Sugar: 19.92g (22.13%), Cholesterol: 0.08mg (0.03%), Sodium: 257mg (11.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.09g (4.18%), Vitamin C: 9.77mg (11.85%), Fiber: 2.54g (10.15%), Vitamin A: 502.03IU (10.04%), Vitamin E: 1.13mg (7.55%), Manganese: 0.14mg (6.9%), Potassium: 240.94mg (6.88%), Vitamin B3: 1.35mg (6.74%), Copper: 0.13mg (6.71%), Selenium: 3.35µg (4.79%), Magnesium: 18.76mg (4.69%), Phosphorus: 46.54mg (4.65%), Vitamin K: 4.55µg (4.33%), Vitamin B2: 0.07mg (4.01%), Iron: 0.71mg (3.96%), Folate: 15.08µg (3.77%), Vitamin B6: 0.07mg (3.32%), Vitamin B1: 0.05mg (3.07%), Vitamin B5: 0.28mg (2.81%), Zinc: 0.42mg (2.79%), Calcium: 16.01mg (1.6%)