



Grilled-Peach Sundaes



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



298 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon ground ginger
- ☐ 0.5 cup honey
- ☐ 1 lime
- ☐ 6 peaches ripe
- ☐ 3 teaspoons sugar
- ☐ 6 servings whipped cream

Equipment

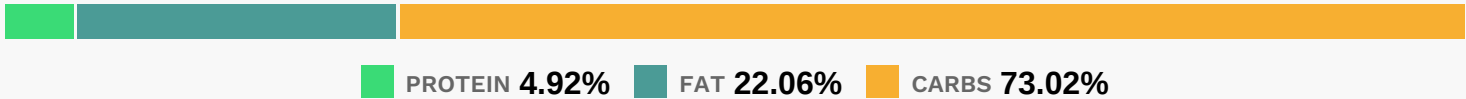
- ☐ bowl

☐ grill

Directions

- ☐ Cut the peaches in half and remove the pits. Dust the cut side of each half with some of the sugar and ginger. Light a charcoal grill and allow the coals to burn until well covered with gray ash or heat a gas grill to low.
- ☐ Place the peaches sugar side down on the center of the cooking grate. Grill 6 to 7 minutes or until golden brown.
- ☐ Remove from grill.
- ☐ Grate the zest from the lime, then squeeze the juice. In a small bowl, combine the juice, zest, and honey.
- ☐ Serve the peaches with a scoop of vanilla ice cream, drizzled with some of the sauce.

Nutrition Facts



Properties

Glycemic Index:42.6, Glycemic Load:28.22, Inflammation Score:-6, Nutrition Score:7.3573913211408%

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 Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg, Hesperetin: 4.8mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 297.67kcal (14.88%), Fat: 7.71g (11.86%), Saturated Fat: 4.52g (28.26%), Carbohydrates: 57.41g (19.14%), Net Carbohydrates: 54.28g (19.74%), Sugar: 51.97g (57.74%), Cholesterol: 29.04mg (9.68%), Sodium: 73.76mg (3.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.87g (7.74%), Vitamin A: 772.54IU (15.45%), Vitamin B2: 0.22mg (12.87%), Fiber: 3.13g (12.51%), Vitamin C: 9.94mg (12.05%), Manganese: 0.23mg (11.57%), Phosphorus: 106mg (10.6%), Potassium: 344.86mg (9.85%), Calcium: 96.26mg (9.63%), Vitamin E: 1.32mg (8.78%), Copper: 0.15mg (7.57%), Vitamin B3: 1.37mg (6.87%), Selenium: 4.81µg (6.87%), Vitamin B5: 0.66mg (6.58%), Zinc: 0.89mg

(5.91%), Magnesium: 23.19mg (5.8%), Iron: 0.82mg (4.57%), Vitamin K: 4.77µg (4.54%), Vitamin B1: 0.07mg (4.44%),
Vitamin B12: 0.26µg (4.29%), Vitamin B6: 0.08mg (4.14%), Folate: 13.8µg (3.45%)