

Grilled Peaches



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



1

CALORIES



208 kcal

SIDE DISH

Ingredients



1 peaches pitted halved



1 serving olive oil extra virgin extra-virgin



1 serving honey

Equipment



grill



tongs

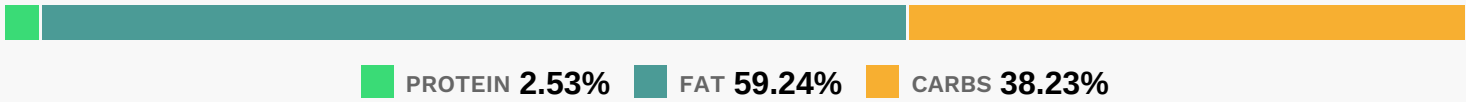


grill pan

Directions

- ☐ Heat gas or charcoal grill. Lightly brush cut side of each peach half with oil.
- ☐ When grill is hot, cook peach halves over medium heat flesh side down on grill or grill pan 2 to 3 minutes or until peach halves are softened and grill marks appear. With tongs, carefully remove from grill.
- ☐ To serve, drizzle peach halves with desired amount of honey.

Nutrition Facts



Properties

Glycemic Index:92.52, Glycemic Load:8.2, Inflammation Score:-4, Nutrition Score:4.8252174310062%

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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 208.04kcal (10.4%), Fat: 14.4g (22.16%), Saturated Fat: 1.96g (12.25%), Carbohydrates: 20.92g (6.97%), Net Carbohydrates: 18.65g (6.78%), Sugar: 18.33g (20.37%), Cholesterol: 0mg (0%), Sodium: 20.06mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.39g (2.77%), Vitamin E: 3.11mg (20.74%), Vitamin K: 12.93µg (12.31%), Vitamin A: 489IU (9.78%), Fiber: 2.26g (9.06%), Vitamin C: 6.18mg (7.5%), Vitamin B3: 1.22mg (6.09%), Copper: 0.12mg (5.98%), Potassium: 186.78mg (5.34%), Manganese: 0.1mg (4.86%), Selenium: 3.21µg (4.58%), Iron: 0.62mg (3.43%), Phosphorus: 33.28mg (3.33%), Magnesium: 12.14mg (3.04%), Vitamin B2: 0.05mg (2.89%), Zinc: 0.36mg (2.4%), Vitamin B1: 0.04mg (2.4%), Vitamin B5: 0.23mg (2.34%), Folate: 9.14µg (2.29%), Vitamin B6: 0.04mg (1.96%)