



## Grilled Peaches and Ricotta

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



323 kcal

SIDE DISH

### Ingredients

- 0.3 cup honey
- 4 peaches halved
- 1 cup whole-milk ricotta cheese (or cow's-milk)
- 0.5 cup sugar
- 2 tablespoons butter unsalted

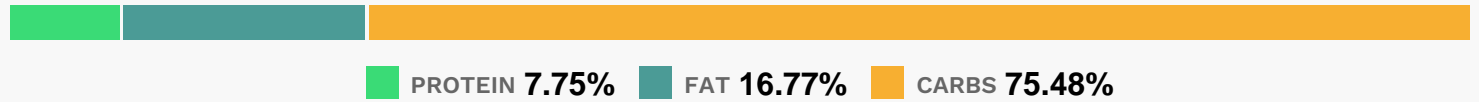
### Equipment

- grill
- grill pan

## Directions

- Preheat a gas or charcoal grill to medium-high, or place a ridged grill pan over medium-high heat.
- Spread the butter over each of the peach halves.
- Grill the peaches, flat sides down, until warmed through, about 4 minutes.
- Meanwhile, bring 1/2 cup water to a boil.
- Pour in the sugar and honey and stir until all the sugar has dissolved.
- Serve the peach halves with generous spoonfuls of the ricotta in the centers, and drizzled with the sugar syrup.
- For an even simpler version, top the peaches and ricotta with some drizzles of honey and a bit of cracked black pepper instead of the sugar syrup.

## Nutrition Facts



## Properties

Glycemic Index:40.65, Glycemic Load:31.75, Inflammation Score:-5, Nutrition Score:4.7573913238619%

## 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 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: 323.05kcal (16.15%), Fat: 6.16g (9.48%), Saturated Fat: 3.62g (22.65%), Carbohydrates: 62.43g (20.81%), Net Carbohydrates: 60.14g (21.87%), Sugar: 56.9g (63.22%), Cholesterol: 24.89mg (8.3%), Sodium: 85.94mg (3.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.41g (12.82%), Vitamin A: 663.93IU (13.28%), Calcium: 107.6mg (10.76%), Fiber: 2.29g (9.17%), Vitamin E: 1.26mg (8.38%), Vitamin C: 6.26mg (7.58%), Copper: 0.13mg (6.37%), Vitamin B3: 1.24mg (6.19%), Potassium: 196.2mg (5.61%), Manganese: 0.11mg (5.49%), Selenium: 3.54µg (5.06%), Vitamin K: 4.99µg (4.75%), Vitamin B2: 0.06mg (3.63%), Phosphorus: 35.53mg (3.55%), Iron: 0.61mg (3.4%), Magnesium: 12.56mg (3.14%), Zinc: 0.4mg (2.67%), Vitamin B5: 0.25mg (2.52%), Vitamin B1: 0.04mg (2.42%),

Folate: 9.63µg (2.41%), Vitamin B6: 0.04mg (2.14%)