



Grilled Peaches Jezebel



Vegetarian



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



6

CALORIES



107 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup honey
- ☐ 1 teaspoon horseradish
- ☐ 6 peaches firm ripe halved

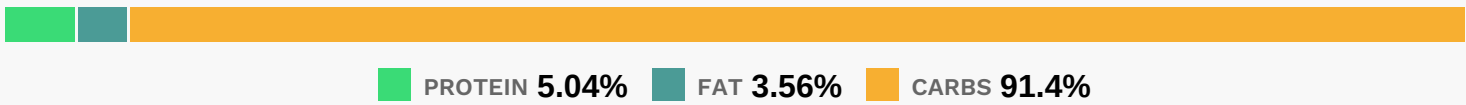
Equipment

- ☐ whisk
- ☐ grill

Directions

- ☐ Whisk together first 3 ingredients.
- ☐ Brush half of honey mixture evenly over cut sides of peaches.
- ☐ Coat a cold cooking grate with cooking spray, and place on grill over medium heat (300 to 350). Arrange peach halves, cut sides up, on grate; grill, covered with grill lid, 3 minutes on each side or until tender and golden.
- ☐ Remove from grill, and brush cut sides of peaches evenly with remaining honey mixture.

Nutrition Facts



Properties

Glycemic Index:26.59, Glycemic Load:11.29, Inflammation Score:-4, Nutrition Score:4.096956566624%

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: 107.36kcal (5.37%), Fat: 0.47g (0.72%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 26.97g (8.99%), Net Carbohydrates: 24.59g (8.94%), Sugar: 24.27g (26.97%), Cholesterol: 0mg (0%), Sodium: 41.9mg (1.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.49g (2.98%), Vitamin A: 490.2IU (9.8%), Fiber: 2.38g (9.51%), Vitamin C: 6.43mg (7.8%), Vitamin E: 1.1mg (7.34%), Vitamin B3: 1.24mg (6.19%), Copper: 0.12mg (6.19%), Potassium: 194.9mg (5.57%), Manganese: 0.11mg (5.54%), Selenium: 3.85µg (5.5%), Vitamin K: 4.54µg (4.32%), Phosphorus: 35.62mg (3.56%), Magnesium: 13.31mg (3.33%), Iron: 0.6mg (3.33%), Vitamin B2: 0.05mg (3.13%), Zinc: 0.39mg (2.62%), Vitamin B1: 0.04mg (2.61%), Folate: 9.87µg (2.47%), Vitamin B5: 0.24mg (2.45%), Vitamin B6: 0.04mg (2.13%)