



Grilled Peaches with Blackberry-Basil Butter



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



3

CALORIES



351 kcal

SIDE DISH

Ingredients

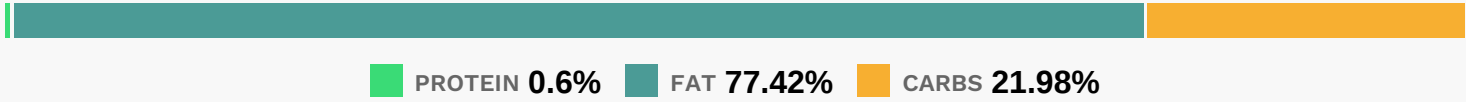
- ☐ 3 servings basil fresh
- ☐ 0.5 cup butter softened
- ☐ 2 tablespoons basil fresh finely chopped
- ☐ 0.3 cup jam seedless

Equipment

Directions

- ☐
- Stir together softened butter, blackberry preserves, and chopped fresh basil until blended.
- ☐
- Garnish with fresh basil leaves.
- ☐
- Serve with warm grilled peaches, or spread inside hot biscuits filled with thinly sliced pork tenderloin.

Nutrition Facts



Properties

Glycemic Index:81.67, Glycemic Load:10.6, Inflammation Score:-5, Nutrition Score:3.0465217556642%

Nutrients (% of daily need)

Calories: 350.8kcal (17.54%), Fat: 30.72g (47.27%), Saturated Fat: 19.45g (121.57%), Carbohydrates: 19.63g (6.54%), Net Carbohydrates: 19.27g (7.01%), Sugar: 13.77g (15.3%), Cholesterol: 81.34mg (27.11%), Sodium: 252.47mg (10.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.53g (1.06%), Vitamin A: 1121.29IU (22.43%), Vitamin K: 16.48µg (15.7%), Vitamin E: 0.94mg (6.26%), Vitamin C: 3.09mg (3.75%), Manganese: 0.05mg (2.48%), Vitamin B2: 0.04mg (2.17%), Calcium: 20.65mg (2.06%), Copper: 0.04mg (2.06%), Folate: 6.52µg (1.63%), Phosphorus: 16.33mg (1.63%), Fiber: 0.37g (1.46%), Iron: 0.25mg (1.4%), Selenium: 0.95µg (1.36%), Potassium: 40.73mg (1.16%), Vitamin B12: 0.06µg (1.07%), Magnesium: 4.02mg (1.01%)