



Grilled Peaches with Cinnamon-Sour Cream Sauce

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



35 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp brown sugar
- 0.5 cup knudsen cream light sour
- 0.3 tsp ground cinnamon
- 2 Tbsp honey
- 1 lb peaches fresh pitted cut in half,

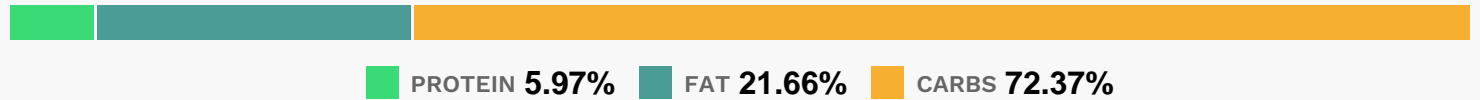
Equipment

- grill

Directions

- Heat greased grill to medium-high heat.
- Mix sour cream, sugar and cinnamon.
- Brush cut sides of peaches with honey. Grill 6 to 8 min. or until softened, turning occasionally.
- Serve topped with sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:2.25, Inflammation Score:-1, Nutrition Score:1.0665217446892%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg, Epicatechin: 0.71mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 34.79kcal (1.74%), Fat: 0.89g (1.38%), Saturated Fat: 0.51g (3.2%), Carbohydrates: 6.73g (2.24%), Net Carbohydrates: 6.24g (2.27%), Sugar: 5.63g (6.26%), Cholesterol: 2.68mg (0.89%), Sodium: 10.63mg (0.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.55g (1.11%), Vitamin A: 123.86IU (2.48%), Fiber: 0.48g (1.93%), Vitamin E: 0.24mg (1.63%), Vitamin C: 1.32mg (1.61%), Potassium: 55.85mg (1.6%), Manganese: 0.03mg (1.44%), Calcium: 13.29mg (1.33%), Copper: 0.03mg (1.32%), Selenium: 0.91µg (1.29%), Vitamin B3: 0.25mg (1.27%), Phosphorus: 12.27mg (1.23%), Vitamin B2: 0.02mg (1.16%)