



Grilled Peaches with Cinnamon Sugar Butter

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



417 kcal

SIDE DISH

Ingredients

- 4 servings canola oil
- 1 teaspoon cinnamon sugar
- 2 tablespoons granulated sugar
- 4 servings mint leaves for garnish
- 4 peaches pitted ripe halved
- 1 pinch salt
- 1 stick butter unsalted at room temperature

Equipment

bowl

grill

Directions

Watch how to make this recipe.


In a small bowl add the butter and stir until smooth.

Add the cinnamon sugar, granulated sugar and salt and mix until combined.

Heat grill to high.

Brush peaches with oil and grill until golden brown and just cooked through. Top each with a few teaspoons of the butter and garnish with mint leaves.

Nutrition Facts

 **PROTEIN 1.52%**  **FAT 77.84%**  **CARBS 20.64%**

Properties

Glycemic Index:45.11, Glycemic Load:10.08, Inflammation Score:-7, Nutrition Score:6.3282608908156%

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 Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg 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: 416.96kcal (20.85%), Fat: 37.35g (57.46%), Saturated Fat: 15.57g (97.33%), Carbohydrates: 22.29g (7.43%), Net Carbohydrates: 19.96g (7.26%), Sugar: 19.59g (21.76%), Cholesterol: 60.74mg (20.25%), Sodium: 32.68mg (1.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.64g (3.29%), Vitamin E: 4.2mg (28%), Vitamin A: 1237.45IU (24.75%), Vitamin K: 16.46µg (15.68%), Fiber: 2.33g (9.32%), Vitamin C: 6.47mg (7.84%), Copper: 0.13mg (6.27%), Vitamin B3: 1.24mg (6.19%), Potassium: 195.61mg (5.59%), Manganese: 0.1mg (5.23%), Selenium: 3.47µg (4.96%), Phosphorus: 40.51mg (4.05%), Vitamin B2: 0.06mg (3.53%), Magnesium: 13.37mg (3.34%), Iron: 0.57mg (3.17%), Vitamin D: 0.42µg (2.83%), Folate: 10.99µg (2.75%), Vitamin B5: 0.26mg (2.64%),

Zinc: 0.38mg (2.55%), Vitamin B1: 0.04mg (2.55%), Vitamin B6: 0.04mg (1.98%), Calcium: 15.29mg (1.53%)