



Grilled Peaches with Fresh Raspberry Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons t brown sugar dark packed ()
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 medium size peaches firm pitted ripe halved
- ☐ 3 tablespoons sugar
- ☐ 3 tablespoons butter unsalted
- ☐ 3 tablespoons water

Equipment

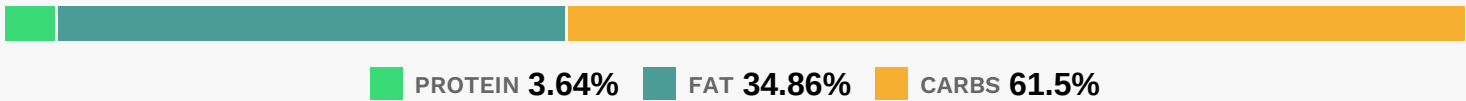
- ☐ food processor

- ☐ frying pan
- ☐ sieve
- ☐ grill

Directions

- ☐ Puree 2 1/4 cups fresh raspberries along with 3 tablespoons water in food processor until puree is smooth. Strain raspberry puree through fine-mesh strainer, pressing on solids to release as much liquid as possible; discard solids in strainer. Stir in 3 tablespoons sugar and 1 tablespoon fresh lemon juice until blended. DO AHEAD Fresh raspberry sauce can be made 1 day ahead. Cover and refrigerate.
- ☐ Prepare barbecue (medium heat). Melt butter with brown sugar in heavy small skillet over medium heat.
- ☐ Remove skillet from heat.
- ☐ Brush peach halves all over with melted butter mixture. Grill until tender, about 8 minutes, turning occasionally.
- ☐ Serve with sauce.
- ☐ Per serving: 310 calories, 46g carbohydrates, 5g protein, 14g fat, 50mg cholesterol, 40mg sodium, 5g fiber
- ☐ Other

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:9.38, Inflammation Score:-5, Nutrition Score:4.236086934157%

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: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg,

Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 148.24kcal (7.41%), Fat: 6.11g (9.4%), Saturated Fat: 3.63g (22.66%), Carbohydrates: 24.25g (8.08%), Net Carbohydrates: 21.99g (8%), Sugar: 21.55g (23.94%), Cholesterol: 15.05mg (5.02%), Sodium: 21.57mg (0.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.44g (2.87%), Vitamin A: 664.08IU (13.28%), Fiber: 2.26g (9.03%), Vitamin C: 7.12mg (8.63%), Vitamin E: 1.26mg (8.41%), Vitamin B3: 1.22mg (6.09%), Copper: 0.12mg (6.08%), Potassium: 191.37mg (5.47%), Vitamin K: 4.99µg (4.75%), Selenium: 3.29µg (4.71%), Manganese: 0.09mg (4.71%), Phosphorus: 35mg (3.5%), Magnesium: 12.64mg (3.16%), Iron: 0.54mg (2.99%), Vitamin B2: 0.05mg (2.96%), Vitamin B1: 0.04mg (2.46%), Vitamin B5: 0.24mg (2.44%), Folate: 9.74µg (2.43%), Zinc: 0.35mg (2.37%), Vitamin B6: 0.04mg (2%), Calcium: 10.6mg (1.06%)