



Grilled Peaches with Honey Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup greek yogurt plain fat-free
- ☐ 0.3 teaspoon ground cardamom
- ☐ 2.5 tablespoons half and half
- ☐ 2 tablespoons honey divided
- ☐ 1 Dash kosher salt
- ☐ 4 medium peaches pitted halved
- ☐ 1 cup raspberries
- ☐ 2 tablespoons butter unsalted melted

☐

0.3 teaspoon vanilla extract

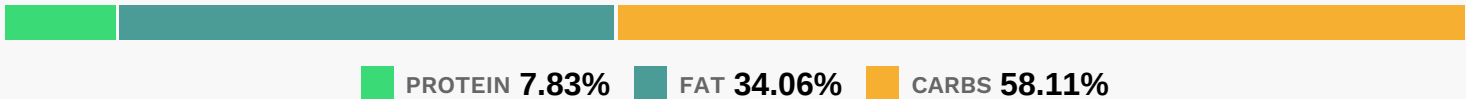
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Combine melted butter, 1 tablespoon honey, cardamom, and salt in a medium bowl.
- ☐ Add peaches, and toss to coat.
- ☐ Let stand for 5 minutes.
- ☐ Heat a grill pan over medium heat. Coat pan with cooking spray. Arrange peaches on grill pan; grill 2 minutes on each side or until grill marks appear.
- ☐ Combine yogurt, half-and-half, remaining 1 tablespoon honey, and vanilla in a small bowl; stir with a whisk.
- ☐ Serve with peaches and raspberries.

Nutrition Facts



Properties

Glycemic Index:30.88, Glycemic Load:10.13, Inflammation Score:-6, Nutrition Score:7.2013043709423%

Flavonoids

Cyanidin: 16.61mg, Cyanidin: 16.61mg, Cyanidin: 16.61mg, Cyanidin: 16.61mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 7.77mg, Catechin: 7.77mg, Catechin: 7.77mg, Catechin: 7.77mg Epigallocatechin: 1.7mg, Epigallocatechin: 1.7mg, Epigallocatechin: 1.7mg, Epigallocatechin: 1.7mg Epicatechin:

4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epigallocatechin 3–gallate: 0.61mg, Epigallocatechin 3–gallate: 0.61mg, Epigallocatechin 3–gallate: 0.61mg, Epigallocatechin 3–gallate: 0.61mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 184.27kcal (9.21%), Fat: 7.43g (11.42%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 28.5g (9.5%), Net Carbohydrates: 24.25g (8.82%), Sugar: 23.5g (26.11%), Cholesterol: 19.16mg (6.39%), Sodium: 42.44mg (1.85%), Alcohol: 0.09g (100%), Alcohol %: 0.05% (100%), Protein: 3.84g (7.68%), Vitamin C: 14.17mg (17.18%), Fiber: 4.26g (17.02%), Manganese: 0.34mg (16.92%), Vitamin A: 707.68IU (14.15%), Vitamin E: 1.54mg (10.29%), Potassium: 273.09mg (7.8%), Copper: 0.15mg (7.66%), Vitamin B2: 0.13mg (7.63%), Selenium: 5.31µg (7.59%), Phosphorus: 75.61mg (7.56%), Vitamin B3: 1.45mg (7.26%), Vitamin K: 7.45µg (7.1%), Magnesium: 22.04mg (5.51%), Calcium: 44.85mg (4.49%), Iron: 0.8mg (4.43%), Folate: 17.17µg (4.29%), Vitamin B5: 0.43mg (4.25%), Zinc: 0.63mg (4.23%), Vitamin B6: 0.07mg (3.62%), Vitamin B1: 0.05mg (3.51%), Vitamin B12: 0.15µg (2.44%)