



Grilled Peaches with Honeyed Yogurt



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



186 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 1.5 tablespoons butter
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 tablespoon honey
- ☐ 0.5 cup yogurt plain low-fat
- ☐ 0.3 cup regular oats
- ☐ 2 large peaches pitted ripe unpeeled halved
- ☐ 0.5 teaspoon vanilla extract

☐ 2 tablespoons walnuts toasted chopped

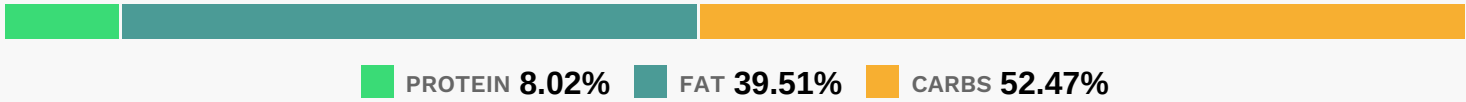
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking paper
- ☐ grill

Directions

- ☐ Combine yogurt, honey, and vanilla in a bowl; cover and chill.
- ☐ Combine brown sugar, butter, and cinnamon in a large skillet; cook over medium heat until butter melts, stirring constantly.
- ☐ Remove from heat, and dip peach halves in mixture; set peach halves aside.
- ☐ Return pan with butter mixture to heat; cook over medium-low heat 1 minute or until syrupy and bubbly, stirring often.
- ☐ Remove from heat; stir in oats.
- ☐ Spread mixture onto parchment paper, and cool 10 to 15 minutes. Break into pieces.
- ☐ Prepare grill.
- ☐ Place peach halves on grill rack; grill, cut sides down, 2 minutes. Turn and grill 3 minutes or until tender.
- ☐ Place peach halves on plates; top evenly with yogurt mixture, oat mixture, and walnuts.

Nutrition Facts



Properties

Glycemic Index:51.88, Glycemic Load:6.53, Inflammation Score:-4, Nutrition Score:6.1882609491763%

Flavonoids

Cyanidin: 1.82mg, Cyanidin: 1.82mg, Cyanidin: 1.82mg, Cyanidin: 1.82mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg,

Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg
Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg, Epigallocatechin 3–gallate: 0.26mg,
Epigallocatechin 3–gallate: 0.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol:
0.19mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 186.41kcal (9.32%), Fat: 8.56g (13.17%), Saturated Fat: 3.38g (21.16%), Carbohydrates: 25.59g (8.53%), Net
Carbohydrates: 23.29g (8.47%), Sugar: 19.88g (22.09%), Cholesterol: 13.13mg (4.38%), Sodium: 68.93mg (3%),
Alcohol: 0.17g (100%), Alcohol %: 0.15% (100%), Protein: 3.91g (7.82%), Manganese: 0.46mg (23.11%), Phosphorus:
103.33mg (10.33%), Fiber: 2.3g (9.21%), Copper: 0.18mg (8.87%), Vitamin A: 433.8IU (8.68%), Calcium: 76.19mg
(7.62%), Magnesium: 28.06mg (7.01%), Selenium: 4.73µg (6.76%), Potassium: 232.59mg (6.65%), Vitamin B2:
0.11mg (6.61%), Zinc: 0.84mg (5.57%), Vitamin E: 0.83mg (5.55%), Vitamin B1: 0.08mg (5.01%), Vitamin C: 3.93mg
(4.77%), Vitamin B3: 0.87mg (4.37%), Iron: 0.77mg (4.28%), Vitamin B5: 0.42mg (4.18%), Folate: 15.48µg (3.87%),
Vitamin B6: 0.07mg (3.66%), Vitamin K: 3.37µg (3.21%), Vitamin B12: 0.18µg (3.01%)