



Grilled Peaches with Raspberry Sauce

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



257 kcal

SIDE DISH

Ingredients

- 1.5 tablespoons brown sugar
- 0.3 teaspoon ground cinnamon
- 1.5 teaspoons juice of lemon
- 2 teaspoons butter
- 2 medium peaches pitted peeled halved
- 10 ounce raspberries in syrup light frozen thawed
- 1.5 teaspoons rum flavoring

Equipment

- food processor
- sieve
- blender
- grill
- aluminum foil

Directions

- Combine raspberries and lemon juice in container of an electric blender or food processor; cover and process until smooth, stopping once to scrape down sides. Press berry mixture through a wire-mesh strainer, discarding seeds. Cover and chill.
- Cut 1 (18- x 18-inch) sheet of heavy-duty aluminum foil.
- Place peach halves, cut side up, on foil.
- Combine brown sugar and cinnamon; spoon evenly into center of each peach half.
- Sprinkle peaches with rum flavoring, and dot with margarine. Fold foil over peaches, and loosely seal.
- Place grill rack over medium coals (300 to 350); place peach bundles on rack, and cook 15 minutes or until peaches are thoroughly heated.
- To serve, spoon 2 tablespoons raspberry puree over each peach half.

Nutrition Facts

  

 **PROTEIN 3.35%**  **FAT 6.94%**  **CARBS 89.71%**

Properties

Glycemic Index:15.06, Glycemic Load:2.6, Inflammation Score:-3, Nutrition Score:2.4195652076084%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg

Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 257.32kcal (12.87%), Fat: 2.22g (3.42%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 64.55g (21.52%), Net Carbohydrates: 63.36g (23.04%), Sugar: 52.89g (58.77%), Cholesterol: 0mg (0%), Sodium: 84.96mg (3.69%), Alcohol: 0.63g (100%), Alcohol %: 0.51% (100%), Protein: 2.41g (4.82%), Vitamin A: 334.41IU (6.69%), Calcium: 56.1mg (5.61%), Fiber: 1.2g (4.79%), Vitamin C: 3.81mg (4.62%), Vitamin E: 0.63mg (4.2%), Manganese: 0.07mg (3.55%), Copper: 0.06mg (3.09%), Vitamin B3: 0.61mg (3.07%), Potassium: 101.04mg (2.89%), Selenium: 1.63µg (2.34%), Vitamin K: 2.29µg (2.18%), Phosphorus: 17.56mg (1.76%), Magnesium: 6.67mg (1.67%), Iron: 0.3mg (1.66%), Vitamin B2: 0.02mg (1.45%), Vitamin B1: 0.02mg (1.26%), Vitamin B5: 0.13mg (1.26%), Folate: 4.95µg (1.24%), Zinc: 0.18mg (1.19%), Vitamin B6: 0.02mg (1.09%)