



Grilled Peaches with Raspberry Sauce and Lemon Cream

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



419 kcal

SIDE DISH

Ingredients

- 0.3 cup granulated sugar
- 4 tablespoons granulated sugar
- 1 cup heavy cream cold
- 1 tablespoon juice of lemon fresh
- 2 teaspoons lemon zest finely grated
- 6 large peaches
- 3 cups raspberries fresh

- 1 tablespoon raspberry liqueur
- 1 tablespoon caster sugar
- 6 tablespoons butter unsalted

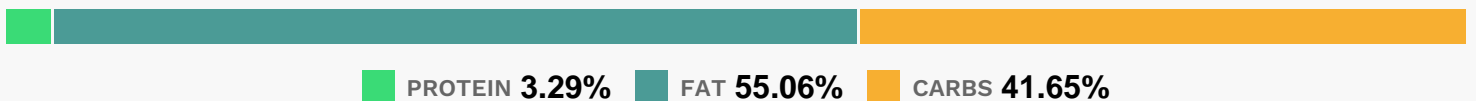
Equipment

- food processor
- frying pan
- whisk
- mixing bowl
- grill

Directions

- To make the raspberry sauce: In a food processor puree the raspberries.
- Add the lemon juice, raspberry liqueur, and sugar. Stir or whisk until sugar dissolves.
- To make the lemon cream: In a mixing bowl mix together the cream and sugar. Whip at high speed until soft peaks form.
- Add the lemon juice and grated lemon zest and continue whipping until stiff peaks form. Set aside in the refrigerator while you grill the peaches.
- To make the peaches: Halve and pit the peaches, set aside. In a small pan over medium heat melt the butter, then add the sugar and stir until sugar is dissolved.
- Remove from heat.
- Brush the peach halves all over with the butter mixture. Grill over direct medium heat until browned in spots and warm throughout, 8 to 10 minutes. Turn every 2 or 3 minutes.
- Serve peaches warm with the raspberry sauce and lemon cream.

Nutrition Facts



Properties

Glycemic Index:46.09, Glycemic Load:19.7, Inflammation Score:-8, Nutrition Score:10.782608706018%

Flavonoids

Cyanidin: 30.82mg, Cyanidin: 30.82mg, Cyanidin: 30.82mg, Cyanidin: 30.82mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 9.4mg, Catechin: 9.4mg, Catechin: 9.4mg, Catechin: 9.4mg Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg, Epigallocatechin: 2.1mg Epicatechin: 6.21mg, Epicatechin: 6.21mg, Epicatechin: 6.21mg, Epicatechin: 6.21mg Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg, Epigallocatechin 3-gallate: 0.85mg 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: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg, Quercetin: 1.79mg

Nutrients (% of daily need)

Calories: 419.09kcal (20.95%), Fat: 26.61g (40.94%), Saturated Fat: 16.36g (102.27%), Carbohydrates: 45.29g (15.1%), Net Carbohydrates: 38.69g (14.07%), Sugar: 37.69g (41.88%), Cholesterol: 74.92mg (24.97%), Sodium: 36.05mg (1.57%), Alcohol: 0.65g (100%), Alcohol %: 0.26% (100%), Protein: 3.58g (7.16%), Vitamin A: 1523.74IU (30.47%), Vitamin C: 24.96mg (30.26%), Fiber: 6.6g (26.41%), Manganese: 0.51mg (25.56%), Vitamin E: 2.49mg (16.63%), Vitamin K: 12.18µg (11.6%), Copper: 0.2mg (10.02%), Potassium: 349.9mg (10%), Vitamin B2: 0.16mg (9.47%), Vitamin B3: 1.81mg (9.05%), Phosphorus: 82.7mg (8.27%), Magnesium: 30.58mg (7.65%), Selenium: 5.25µg (7.5%), Folate: 25.69µg (6.42%), Iron: 1.07mg (5.94%), Vitamin B5: 0.59mg (5.87%), Vitamin D: 0.84µg (5.63%), Calcium: 52.79mg (5.28%), Zinc: 0.77mg (5.12%), Vitamin B1: 0.07mg (4.73%), Vitamin B6: 0.09mg (4.67%), Vitamin B12: 0.09µg (1.45%)