Grilled Pound Cake with Cream Cheese Glaze and Grilled Peaches

Gluten Free

READY IN	SERVINGS	CALORIES
50 min.	4	434 kcal

DESSERT

Ingredients

- [ ] 4 ounces cream cheese at room temperature
- [ ] 1 tablespoon granulated sugar
- [ ] 2 tablespoons orange juice fresh
- [ ] 1 tablespoon orange zest
- [ ] 2 peaches firm ripe halved
- [ ] 0.5 round cake store-bought sliced into 2-inch slices
- [ ] 0.3 cup powdered sugar

- [ ] 4 tablespoons butter unsalted melted
- [ ] 1 tablespoon vegetable oil
- [ ] 3 tablespoons white wine sweet such as marsala wine

Equipment

- [ ] bowl
- [ ] sauce pan
- [ ] hand mixer
- [ ] grill

Directions

- [ ] For the grilled peaches: Prepare the grill to high heat. Lightly brush the cut sides of the peaches with the oil. Grill the peaches, cut-side down, until grill marks appear, about 3 minutes on each side.
- [ ] Boil the wine and granulated sugar in a small saucepan.
- [ ] Transfer the peaches to a small dish and spoon the wine mixture over the peaches. Set aside, about 15 minutes.
- [ ] For the grilled pound cake: Preheat the grill to high heat. Lightly brush each slice of the cake with the butter on both sides.
- [ ] Place the cake on the grill and cook, about 2 minutes each side. Rotate each cake slice a quarter turn after 1 minute to create a crosshatch of grill marks.
- [ ] Combine the cream cheese, powdered sugar, zest and orange juice in a medium bowl. Beat until smooth using a fork or electric mixer.
- [ ] Spread the cream cheese glaze on the grilled pound cakes.
- [ ] Place the grilled peaches on top.
- [ ] Serve warm or at room temperature.

Nutrition Facts

PROTEIN **4.33%** FAT **53.69%** CARBS **41.98%**

Properties

Glycemic Index:47.34, Glycemic Load:5.56, Inflammation Score:-6, Nutrition Score:7.2278261340183%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg, Petunidin: 0.75mg Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg, Delphinidin: 0.44mg Malvidin: 10.67mg, Malvidin: 10.67mg, Malvidin: 10.67mg, Malvidin: 10.67mg Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg, Peonidin: 0.44mg Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg, Catechin: 4.8mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 2.61mg, Epicatechin: 2.61mg, Epicatechin: 2.61mg, Epicatechin: 2.61mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg, Hesperetin: 1.02mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 433.91kcal (21.7%), Fat: 25.75g (39.62%), Saturated Fat: 13.75g (85.96%), Carbohydrates: 45.3g (15.1%), Net Carbohydrates: 43.81g (15.93%), Sugar: 33.05g (36.72%), Cholesterol: 96.98mg (32.33%), Sodium: 335.26mg (14.58%), Alcohol: 1.72g (100%), Alcohol %: 1.15% (100%), Protein: 4.67g (9.35%), Vitamin A: 1056.14IU (21.12%), Vitamin B2: 0.2mg (11.88%), Vitamin C: 9.36mg (11.35%), Selenium: 7.71µg (11.01%), Phosphorus: 104.34mg (10.43%), Vitamin E: 1.49mg (9.94%), Vitamin K: 10.16µg (9.68%), Vitamin B1: 0.13mg (8.52%), Iron: 1.37mg (7.62%), Manganese: 0.14mg (7.16%), Vitamin B3: 1.43mg (7.16%), Folate: 28.1µg (7.02%), Calcium: 64.46mg (6.45%), Fiber: 1.49g (5.95%), Potassium: 200.15mg (5.72%), Copper: 0.1mg (5%), Vitamin B5: 0.5mg (4.98%), Magnesium: 15.23mg (3.81%), Zinc: 0.54mg (3.57%), Vitamin B6: 0.06mg (3.03%), Vitamin B12: 0.18µg (2.94%), Vitamin D: 0.28µg (1.9%)