



Grilled Stone Fruit with Balsamic Glaze

 Gluten Free

READY IN



27 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

Ingredients

- ☐ 3 apricots pitted halved
- ☐ 1 cup balsamic vinegar
- ☐ 6 servings pepper black freshly ground
- ☐ 1.5 teaspoons brown sugar dark
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 6 servings kosher salt
- ☐ 2 ounces manchego cheese shaved
- ☐ 3 peaches pitted halved

☐ 3 plums pitted halved

Equipment

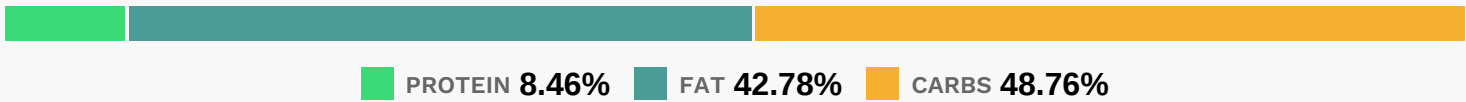
☐ sauce pan

☐ grill

Directions

- ☐ Preheat grill to medium-high heat (350 to 400).
- ☐ Combine balsamic vinegar and brown sugar in a small saucepan over medium heat. Bring to a boil, reduce heat to low, and simmer about 15 to 20 minutes or until vinegar is reduced to a glaze; set aside.
- ☐ Brush fruit with olive oil, and sprinkle with salt and pepper. Grill fruit, in batches, 1 minute on each side.
- ☐ Transfer to a platter.
- ☐ Drizzle grilled fruit with half of balsamic glaze. Top fruit with cheese, and drizzle with remaining balsamic glaze.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:33.76, Glycemic Load:8.17, Inflammation Score:-5, Nutrition Score:4.8386956297833%

Flavonoids

Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg, Catechin: 5.29mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 3.64mg, Epicatechin: 3.64mg, Epicatechin: 3.64mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 178.32kcal (8.92%), Fat: 8.41g (12.93%), Saturated Fat: 3.03g (18.95%), Carbohydrates: 21.56g (7.19%), Net Carbohydrates: 19.6g (7.13%), Sugar: 18.51g (20.56%), Cholesterol: 10.11mg (3.37%), Sodium: 271.24mg (11.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.48%), Vitamin A: 747.92IU (14.96%), Calcium: 121.28mg (12.13%), Vitamin E: 1.46mg (9.75%), Vitamin C: 7.96mg (9.65%), Fiber: 1.96g (7.85%), Vitamin K: 7.91µg (7.54%), Manganese: 0.15mg (7.3%), Potassium: 238.98mg (6.83%), Copper: 0.1mg (5.2%), Vitamin B3: 0.85mg (4.25%), Iron: 0.73mg (4.06%), Magnesium: 15.43mg (3.86%), Phosphorus: 34.08mg (3.41%), Selenium: 1.61µg (2.3%), Vitamin B2: 0.04mg (2.29%), Vitamin B1: 0.03mg (2.17%), Vitamin B5: 0.2mg (2.04%), Folate: 7.75µg (1.94%), Vitamin B6: 0.04mg (1.92%), Zinc: 0.28mg (1.84%)