



Grilled Stone Fruit With Balsamic Glaze and Manchego

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



203 kcal

SIDE DISH

Ingredients

- 2 apricots firm pitted ripe halved
- 1 cup balsamic vinegar
- 1 tablespoon brown sugar dark
- 1 ounce manchego cheese shaved
- 1 tablespoon olive oil extra-virgin
- 2 peaches firm pitted ripe halved
- 4 servings bell pepper to taste

2 plums firm pitted ripe halved

4 servings salt to taste

Equipment

sauce pan

grill

grill pan

Directions

Preheat a clean grill or grill pan to medium-high.

Stir together the wine and the brown sugar in a small saucepan. Bring to a boil, then gently simmer 25-30 minutes or until the mixture is reduced to about 3 tablespoons and creates a thick glaze.

Lightly brush stone-fruit halves with olive oil; sprinkle with salt and pepper. Grill fruit, cut side down, 1 minute on each side.

Transfer to 4 plates.

Drizzle fruit with glaze, and top each serving with 1/4 of the pieces of cheese.

Nutrition Facts



PROTEIN 7.9% FAT 29.52% CARBS 62.58%

Properties

Glycemic Index:50.65, Glycemic Load:10.9, Inflammation Score:-9, Nutrition Score:13.673043447992%

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: 3.64mg 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: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

1.25mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 203.29kcal (10.16%), Fat: 6.62g (10.18%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 31.57g (10.52%), Net Carbohydrates: 28.07g (10.21%), Sugar: 26.75g (29.73%), Cholesterol: 7.58mg (2.53%), Sodium: 265.29mg (11.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.97%), Vitamin C: 103.32mg (125.24%), Vitamin A: 3066.98IU (61.34%), Vitamin E: 2.47mg (16.47%), Fiber: 3.5g (14.01%), Vitamin B6: 0.26mg (12.79%), Manganese: 0.25mg (12.29%), Potassium: 421.3mg (12.04%), Calcium: 108.16mg (10.82%), Folate: 42.03µg (10.51%), Vitamin K: 10.7µg (10.19%), Vitamin B3: 1.58mg (7.9%), Magnesium: 26.92mg (6.73%), Iron: 1.2mg (6.67%), Copper: 0.12mg (6.09%), Vitamin B2: 0.1mg (6.01%), Phosphorus: 57.41mg (5.74%), Vitamin B1: 0.07mg (4.85%), Vitamin B5: 0.44mg (4.41%), Zinc: 0.48mg (3.19%), Selenium: 1.7µg (2.43%)