



Grilled-to-Perfection Peaches

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

READY IN



18 min.

SERVINGS



18

CALORIES



34 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup lite balsamic vinaigrette dressing kraft
- 2 Tbsp honey
- 1 lb peaches pitted ripe cut in half,
- 0.5 cup cool whip whipped topping sugar free thawed

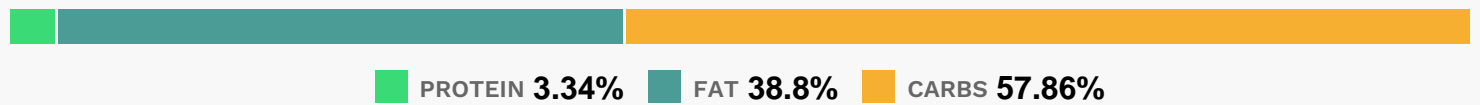
Equipment

- bowl
- grill

Directions

- Heat grill to medium-high heat.
- Mix dressing and honey in medium bowl.
- Add peaches; toss to coat.
- Grill peaches 6 to 8 min. or until softened, turning occasionally and brushing with dressing mixture.
- Serve topped with COOL WHIP.

Nutrition Facts



Properties

Glycemic Index:5.14, Glycemic Load:1.87, Inflammation Score:-1, Nutrition Score:0.70173912754525%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg, Catechin: 1.24mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg, Epicatechin: 0.59mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 34.36kcal (1.72%), Fat: 1.54g (2.37%), Saturated Fat: 0.35g (2.18%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.8g (1.74%), Sugar: 4.63g (5.15%), Cholesterol: 0.04mg (0.01%), Sodium: 34.37mg (1.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.3g (0.6%), Vitamin A: 83.69IU (1.67%), Fiber: 0.38g (1.53%), Vitamin E: 0.19mg (1.3%), Vitamin C: 1.04mg (1.27%), Vitamin B3: 0.21mg (1.04%), Copper: 0.02mg (1.04%)