



Honey-Roasted Peaches With Lavender



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



92 kcal

SIDE DISH

Ingredients

- ☐ 2 sprigs lavender fresh
- ☐ 0.3 cup local honey
- ☐ 0.5 teaspoon lemon zest
- ☐ 2 tablespoons mascarpone cheese
- ☐ 4 large peaches pitted ripe halved
- ☐ 0.5 tablespoon butter unsalted

Equipment

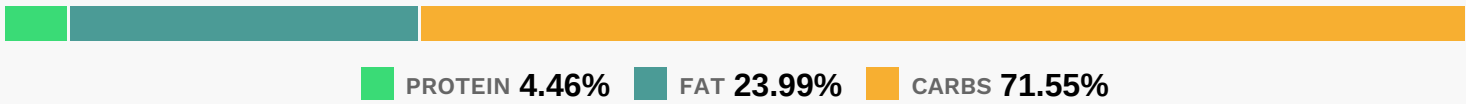
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Coat an ovenproof 7- x 11-inch baking dish with butter. Arrange the peaches, cut side up, in the baking dish.
- ☐ Drizzle the honey over the peaches, and add the lavender and lemon zest.
- ☐ Bake for 15 minutes, remove from oven, and spoon the honey from baking dish over the peaches.
- ☐ Bake an additional 1520 minutes or until the peaches are softened and golden.
- ☐ Top warm peach halves with 1 teaspoon mascarpone cheese, and drizzle with some of the honey in the baking pan.

Nutrition Facts



Properties

Glycemic Index:11.57, Glycemic Load:7.58, Inflammation Score:-3, Nutrition Score:2.4413043203885%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 92.29kcal (4.61%), Fat: 2.64g (4.06%), Saturated Fat: 1.52g (9.48%), Carbohydrates: 17.69g (5.9%), Net Carbohydrates: 16.34g (5.94%), Sugar: 16.04g (17.83%), Cholesterol: 5.63mg (1.88%), Sodium: 13.97mg (0.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.1g (2.2%), Vitamin A: 360.43IU (7.21%), Fiber: 1.35g (5.39%), Vitamin C: 3.83mg (4.64%), Vitamin E: 0.66mg (4.4%), Copper: 0.07mg (3.62%), Vitamin B3: 0.72mg (3.59%), Potassium: 112.67mg (3.22%), Manganese: 0.06mg (3.09%), Selenium: 1.93µg (2.76%), Vitamin K: 2.69µg (2.56%), Phosphorus: 19.9mg (1.99%), Iron: 0.35mg (1.93%), Vitamin B2: 0.03mg (1.86%), Magnesium: 7.25mg (1.81%), Zinc: 0.23mg (1.5%), Vitamin B5: 0.14mg (1.42%), Vitamin B1: 0.02mg (1.41%), Folate: 5.5µg (1.38%), Vitamin B6: 0.02mg (1.23%), Calcium: 10.31mg (1.03%)