



How to Make BBQ Peaches

 Vegetarian  Vegan  Gluten Free  Dairy Free  Popular

READY IN



12 min.

SERVINGS



4

CALORIES



62 kcal

SIDE DISH

Ingredients

- 4 tablespoons barbeque sauce
- 2 freestone peaches firm pitted ripe halved

Equipment

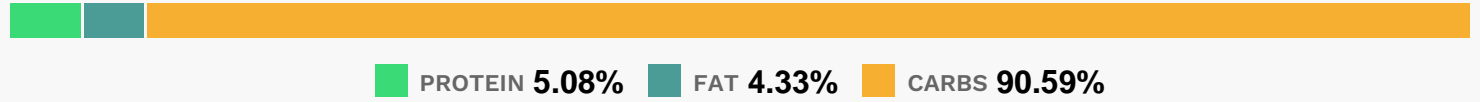
- grill

Directions

- Preheat grill for medium heat and lightly oil the grate.

- Slice flesh-side of peach halves diagonally about 1/4-inch deep, twice in each direction.
- Drizzle flesh-side of each peach half with barbeque sauce; brush sauce for an even coat.
- Place peaches, flesh-side up, on the grill. Cook until barbeque sauce bubbles slightly and peaches are a little softer than when you put them on the grill, 7 to 10 minutes.

Nutrition Facts



Properties

Glycemic Index:10.06, Glycemic Load:2.6, Inflammation Score:-3, Nutrition Score:2.3686956530032%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 61.6kcal (3.08%), Fat: 0.31g (0.48%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 14.72g (4.91%), Net Carbohydrates: 13.43g (4.88%), Sugar: 12.1g (13.45%), Cholesterol: 0mg (0%), Sodium: 190mg (8.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.65%), Vitamin A: 283.7IU (5.67%), Fiber: 1.28g (5.13%), Vitamin E: 0.69mg (4.58%), Vitamin C: 3.18mg (3.85%), Potassium: 132.1mg (3.77%), Copper: 0.07mg (3.55%), Vitamin B3: 0.71mg (3.54%), Manganese: 0.07mg (3.39%), Selenium: 1.8µg (2.58%), Vitamin K: 2.57µg (2.44%), Magnesium: 8.27mg (2.07%), Iron: 0.37mg (2.04%), Phosphorus: 20mg (2%), Vitamin B2: 0.03mg (1.94%), Vitamin B6: 0.03mg (1.59%), Vitamin B1: 0.02mg (1.47%), Vitamin B5: 0.14mg (1.43%), Zinc: 0.2mg (1.35%), Folate: 4.85µg (1.21%)