



How to Make Peach Melba



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



6

CALORIES



481 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 0.1 teaspoon balsamic vinegar
- ☐ 2 tablespoons juice of lemon
- ☐ 3 peaches pitted halved
- ☐ 3 cups raspberries fresh
- ☐ 1 vanilla pod split
- ☐ 6 scoops whipped cream
- ☐ 2 cups water

☐ 2 cups sugar white

Equipment

☐ bowl

☐ sauce pan

Directions

- ☐ Combine raspberries, 1/3 cup sugar, 1 tablespoon lemon juice, water, and balsamic vinegar in a saucepan over medium heat. Bring to a simmer and cook until sugar dissolves and berries collapse, 2 to 3 minutes.
- ☐ Remove from heat and strain into a bowl. Cool to room temperature, cover and refrigerate until thoroughly chilled.
- ☐ Combine 2 cups sugar, 2 cups water, 2 tablespoons lemon juice, and split vanilla bean in a large saucepan and bring to a simmer over medium heat.
- ☐ Place peach halves with cut sides up in the syrup and simmer until tender, 5 to 8 minutes per side, basting with the syrup occasionally.
- ☐ Remove from heat and allow to cool in the syrup.
- ☐ Transfer to a bowl, cover, and refrigerate until thoroughly chilled, about 4 hours.
- ☐ Remove peach skins and serve each peach half on top of a scoop of ice cream in a bowl. Spoon the raspberry sauce over the top.
- ☐ Garnish with toasted, slivered almonds.

Nutrition Facts



Properties

Glycemic Index:42.89, Glycemic Load:59.24, Inflammation Score:-5, Nutrition Score:9.9156522906345%

Flavonoids

Cyanidin: 29mg, Cyanidin: 29mg, Cyanidin: 29mg, Cyanidin: 29mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin:

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Nutrients (% of daily need)

Calories: 481.33kcal (24.07%), Fat: 10.12g (15.56%), Saturated Fat: 4.65g (29.09%), Carbohydrates: 98.09g (32.7%), Net Carbohydrates: 92.11g (33.49%), Sugar: 89.78g (99.75%), Cholesterol: 29.04mg (9.68%), Sodium: 67.87mg (2.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.54g (9.09%), Manganese: 0.54mg (27.2%), Vitamin C: 21.13mg (25.61%), Fiber: 5.98g (23.92%), Vitamin B2: 0.26mg (15.39%), Vitamin E: 2.26mg (15.04%), Phosphorus: 122.06mg (12.21%), Calcium: 116.15mg (11.62%), Vitamin A: 542.5IU (10.85%), Magnesium: 39.89mg (9.97%), Potassium: 348.14mg (9.95%), Copper: 0.19mg (9.26%), Vitamin B5: 0.72mg (7.2%), Vitamin K: 7.13µg (6.79%), Zinc: 1.02mg (6.78%), Vitamin B3: 1.18mg (5.92%), Folate: 23.09µg (5.77%), Iron: 0.91mg (5.05%), Selenium: 3.45µg (4.92%), Vitamin B1: 0.07mg (4.89%), Vitamin B6: 0.09mg (4.55%), Vitamin B12: 0.26µg (4.29%)