



## Lemon Peach Parfaits

READY IN



85 min.

SERVINGS



6

CALORIES



325 kcal

DESSERT

### Ingredients

- 2 tablespoons brown sugar
- 2 tablespoons butter
- 2 egg yolks
- 2 tablespoons flour all-purpose
- 0.3 cup juice of lemon
- 2 teaspoons lemon zest grated
- 20 ounce peaches frozen thawed sliced
- 10.8 ounce round cake cubed prepared
- 0.3 teaspoon salt

- 1 cup whipped cream sweetened
- 1 cup water boiling
- 0.3 cup sugar white

## Equipment

- bowl
- frying pan
- whisk

## Directions

- Place peach slices into a large bowl, and sprinkle with brown sugar. Stir to coat, and set aside.
- In a medium metal bowl, stir together the white sugar, flour, lemon zest and salt.
- Whisk in the lemon juice until the mixture is smooth. Gradually whisk in the boiling water.
- In a smaller bowl, whisk the yolks together. Gradually whisk in about 1/2 cup of the hot lemon mixture. Then whisk the yolk mixture back into the larger bowl. Set the bowl over a pan of simmering water. Cook, stirring frequently until the mixture is thick enough to coat the back of a metal spoon.
- Remove from the heat and whisk in the butter. Set aside.
- In each parfait glass, make a layer of pound cake cubes, about 1/2 cup. Top with about 2 tablespoons of lemon sauce, then 1/4 cup of peach slices. Repeat the layers one more time. Top with 1 tablespoon of the lemon sauce. Refrigerate for at least 1 hour to be sure it is thoroughly chilled. Top each parfait with a dollop of whipped cream before serving.

## Nutrition Facts



## Properties

Glycemic Index:48.39, Glycemic Load:11.16, Inflammation Score:-5, Nutrition Score:8.0739130455515%

## Flavonoids

Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg, Cyanidin: 1.81mg Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg, Catechin: 4.65mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin:

0.98mg, Epigallocatechin: 0.98mg Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg, Epicatechin: 2.21mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

## **Nutrients (% of daily need)**

Calories: 325.15kcal (16.26%), Fat: 9.31g (14.32%), Saturated Fat: 4.79g (29.94%), Carbohydrates: 57.17g (19.06%), Net Carbohydrates: 55.32g (20.12%), Sugar: 39.98g (44.42%), Cholesterol: 134.24mg (44.75%), Sodium: 462.71mg (20.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.24g (10.47%), Selenium: 11.12µg (15.88%), Vitamin A: 659.07IU (13.18%), Vitamin B2: 0.22mg (13.07%), Phosphorus: 127.82mg (12.78%), Vitamin B1: 0.18mg (12.26%), Vitamin C: 9.98mg (12.1%), Folate: 46.16µg (11.54%), Iron: 2.04mg (11.32%), Vitamin B3: 1.92mg (9.6%), Manganese: 0.19mg (9.48%), Vitamin E: 1.16mg (7.75%), Fiber: 1.85g (7.4%), Calcium: 65.02mg (6.5%), Vitamin B5: 0.64mg (6.39%), Copper: 0.13mg (6.3%), Potassium: 211.14mg (6.03%), Vitamin B12: 0.28µg (4.6%), Zinc: 0.69mg (4.59%), Vitamin B6: 0.09mg (4.27%), Magnesium: 16.86mg (4.22%), Vitamin K: 3.5µg (3.34%), Vitamin D: 0.47µg (3.1%)