



Nectarine Blush

 Vegetarian  Gluten Free

READY IN



4 min.

SERVINGS



8

CALORIES



44 kcal

SIDE DISH

Ingredients

- 2 tablespoons brown sugar
- 1 cup buttermilk
- 2 nectarines pitted chopped

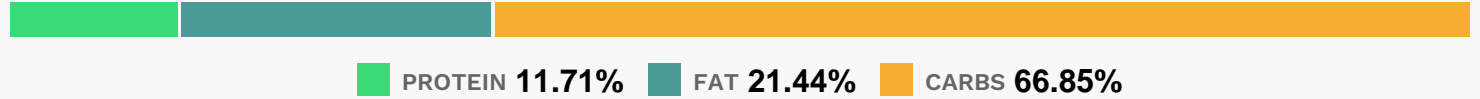
Equipment

- bowl
- blender

Directions

- Place the nectarines, brown sugar and buttermilk in the bowl of a blender and blend until smooth.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:1.63, Inflammation Score:-2, Nutrition Score:1.886956512928%

Flavonoids

Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg, Cyanidin: 0.76mg Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg, Catechin: 1.06mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 43.85kcal (2.19%), Fat: 1.09g (1.68%), Saturated Fat: 0.57g (3.56%), Carbohydrates: 7.67g (2.56%), Net Carbohydrates: 7.13g (2.59%), Sugar: 7.18g (7.97%), Cholesterol: 3.3mg (1.1%), Sodium: 36.96mg (1.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.69%), Calcium: 37.7mg (3.77%), Vitamin B2: 0.06mg (3.6%), Phosphorus: 34.85mg (3.48%), Vitamin A: 167.36IU (3.35%), Vitamin D: 0.39µg (2.6%), Potassium: 91mg (2.6%), Vitamin B12: 0.14µg (2.3%), Vitamin B3: 0.43mg (2.14%), Fiber: 0.53g (2.13%), Copper: 0.04mg (1.9%), Vitamin B5: 0.18mg (1.84%), Vitamin B1: 0.03mg (1.74%), Selenium: 1.15µg (1.64%), Magnesium: 6.47mg (1.62%), Vitamin E: 0.24mg (1.58%), Zinc: 0.19mg (1.26%), Vitamin C: 1.03mg (1.25%), Manganese: 0.02mg (1.11%), Vitamin B6: 0.02mg (1.05%)