



Nectarines Poached in Lavender-Honey Syrup



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



250 kcal

SIDE DISH

Ingredients

- ☐ 6 cups frozen vanilla yogurt frozen low-fat
- ☐ 0.8 cup honey
- ☐ 2 teaspoons lavender dried
- ☐ 1.5 pounds nectarines pitted halved
- ☐ 0.8 cup sugar
- ☐ 4 cups water

Equipment

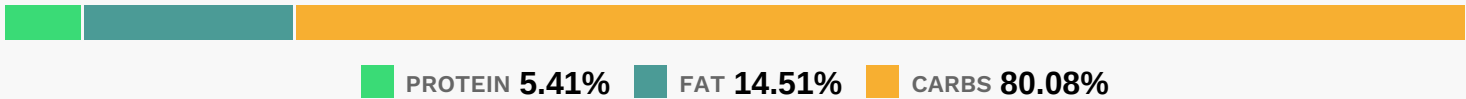
- ☐ frying pan

- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Bring first 3 ingredients to a boil in a Dutch oven, stirring to dissolve sugar. Stir in lavender buds.
- ☐ Add nectarines. Reduce heat, and simmer 8 minutes or until nectarines are just tender (do not overcook).
- ☐ Remove nectarines from pan with a slotted spoon, reserving liquid in pan.
- ☐ Bring liquid to a boil, and cook until reduced to 3 cups (about 10 minutes). Cool slightly.
- ☐ Serve syrup with nectarines and yogurt.
- ☐ Garnish with fresh lavender, if desired.

Nutrition Facts



Properties

Glycemic Index:13.78, Glycemic Load:19.7, Inflammation Score:0, Nutrition Score:4.4186956869519%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg, Epicatechin: 1.44mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 249.54kcal (12.48%), Fat: 4.24g (6.52%), Saturated Fat: 2.46g (15.39%), Carbohydrates: 52.63g (17.54%), Net Carbohydrates: 51.74g (18.81%), Sugar: 51.62g (57.36%), Cholesterol: 1.44mg (0.48%), Sodium: 74.93mg (3.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.55g (7.11%), Vitamin B2: 0.19mg (11%), Calcium: 109.69mg (10.97%), Phosphorus: 108.47mg (10.85%), Vitamin A: 343.38IU (6.87%), Potassium: 237.46mg (6.78%), Vitamin B5: 0.58mg (5.84%), Copper: 0.1mg (4.82%), Vitamin B3: 0.87mg (4.34%), Magnesium: 16.4mg (4.1%), Vitamin B6: 0.08mg (3.84%), Selenium: 2.62µg (3.74%), Fiber: 0.89g (3.57%), Vitamin B12: 0.21µg (3.48%), Zinc: 0.48mg (3.18%), Vitamin B1: 0.05mg (3.06%), Vitamin C: 2.43mg (2.94%), Manganese: 0.06mg (2.84%), Vitamin E: 0.43mg (2.83%), Iron: 0.5mg (2.77%), Folate: 8.15µg (2.04%), Vitamin K: 1.35µg (1.29%)