



Peach & Brown Sugar Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



74 kcal

SAUCE

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 4 large peaches pitted sliced
- ☐ 2 tablespoons butter unsalted

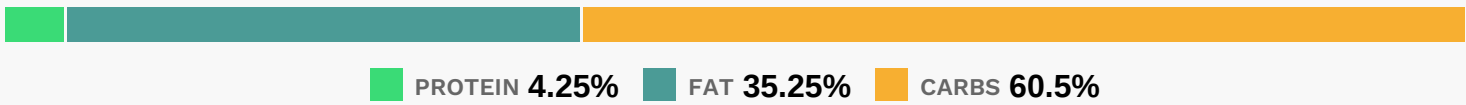
Equipment

- ☐ frying pan

Directions

- ☐ Melt 2 tablespoons unsalted butter in a large nonstick skillet over medium heat.
- ☐ Add 4 large pitted and sliced peaches to pan; cook 3 minutes, stirring occasionally.
- ☐ Add 2 tablespoons brown sugar and 1/2 teaspoon ground cinnamon to pan; cook 1 minute or until sugar melts, stirring occasionally.
- ☐ Fruit sauce tip Many traditional fruit sauces use an excess of sugar. Choosing fruits at their peak ripeness, when they are naturally sweet, will keep calories and sugar to a minimum.

Nutrition Facts



Properties

Glycemic Index:5.66, Glycemic Load:3.03, Inflammation Score:-3, Nutrition Score:2.4856521671881%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 73.55kcal (3.68%), Fat: 3.08g (4.73%), Saturated Fat: 1.81g (11.34%), Carbohydrates: 11.88g (3.96%), Net Carbohydrates: 10.5g (3.82%), Sugar: 10.26g (11.4%), Cholesterol: 7.53mg (2.51%), Sodium: 12.61mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.83g (1.67%), Vitamin A: 373.08IU (7.46%), Fiber: 1.38g (5.52%), Vitamin E: 0.72mg (4.82%), Vitamin C: 3.59mg (4.35%), Manganese: 0.08mg (3.86%), Vitamin B3: 0.71mg (3.56%), Copper: 0.07mg (3.53%), Potassium: 112.12mg (3.2%), Vitamin K: 2.91µg (2.77%), Selenium: 1.91µg (2.73%), Phosphorus: 20.29mg (2.03%), Magnesium: 7.41mg (1.85%), Iron: 0.33mg (1.83%), Vitamin B2: 0.03mg (1.67%), Vitamin B5: 0.14mg (1.42%), Vitamin B1: 0.02mg (1.41%), Zinc: 0.21mg (1.38%), Folate: 5.39µg (1.35%), Vitamin B6: 0.02mg (1.17%)