



Peach Brûlée with Honey Crème Anglaise

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



156 kcal

SIDE DISH

Ingredients

- 1.5 tablespoons butter melted
- 4 servings honey creme anglaise
- 4 large peaches fresh ripe halved
- 2 tablespoons sugar

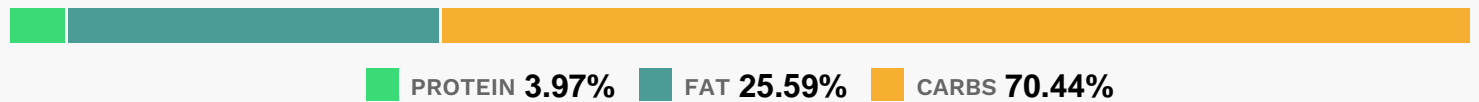
Equipment

- oven
- broiler
- broiler pan

Directions

- Preheat broiler with oven rack 5 inches from heat. Arrange peaches, cut sides up in a broiler pan.
- Brush cut sides with melted butter, and sprinkle each with 1/2 Tbsp. sugar. Broil 10 to 11 minutes or until sugar is caramelized.
- Serve immediately with Honey Crme Anglaise.

Nutrition Facts



Properties

Glycemic Index:53.15, Glycemic Load:13.26, Inflammation Score:-5, Nutrition Score:4.713478234799%

Flavonoids

Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg Catechin: 8.61mg, Catechin: 8.61mg, Catechin: 8.61mg, Catechin: 8.61mg Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg Epicatechin: 4.09mg, Epicatechin: 4.09mg, Epicatechin: 4.09mg, Epicatechin: 4.09mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 155.52kcal (7.78%), Fat: 4.75g (7.31%), Saturated Fat: 2.73g (17.07%), Carbohydrates: 29.42g (9.81%), Net Carbohydrates: 26.78g (9.74%), Sugar: 26.42g (29.36%), Cholesterol: 11.29mg (3.76%), Sodium: 56.85mg (2.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.66g (3.32%), Vitamin A: 701.7IU (14.03%), Fiber: 2.64g (10.56%), Vitamin E: 1.4mg (9.33%), Vitamin C: 7.21mg (8.74%), Vitamin B3: 1.42mg (7.11%), Copper: 0.14mg (6.97%), Potassium: 218.52mg (6.24%), Manganese: 0.11mg (5.63%), Selenium: 3.82µg (5.46%), Vitamin K: 5.62µg (5.35%), Phosphorus: 40.04mg (4%), Magnesium: 14.24mg (3.56%), Vitamin B2: 0.06mg (3.52%), Iron: 0.63mg (3.49%), Vitamin B1: 0.04mg (2.82%), Zinc: 0.42mg (2.82%), Vitamin B5: 0.28mg (2.78%), Folate: 10.8µg (2.7%), Vitamin B6: 0.05mg (2.28%)