

SIDE DISH

Peach Delight

16 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	8	\$0.94	134 kcal

If you want to add more gluten free and lacto ovo vegetarian recipes to your recipe box, Peach Delight might be a recipe you should try. For 94 cents per serving, you get a side dish that serves 8. One portion of this dish contains about 3g of protein, 2g of fat, and a total of 134 calories.

Ingredients

- ☐ ¼ cup chopped fresh mint
- ☐ 4 peeled peaches, halved and pitted
- ☐ 3 tablespoons sugar
- ☐ 2 cups vanilla low-fat ice cream
- ☐ 2 cups fresh raspberries
- ☐ 2 tablespoons water

EQUIPMENT Bowl, Blender, Broiler

Method

- 1 Preheat broiler.
- 2 Combine the first 3 ingredients in a blender, and process until smooth. Set aside. Broil peach halves, cut sides up, 2 minutes or until lightly browned.
- 3 Place 1 peach half into each of 8 dessert bowls; spoon 1/4 cup ice cream into each peach half.
- 4 Drizzle the raspberry mixture evenly over the ice cream.
- 5 Sprinkle each serving with 1 1/2 teaspoons chopped mint.

Nutrition per serving

134

KCAL

3 g

PROTEIN

2 g

FAT

27 g

CARBS

Saturated Fat

1.1 g · 7% of daily needs

Fibre

3.3 g · 13% of daily needs

Sugar

20.5 g · 23% of daily needs

Sodium

38.8 mg · 2% of daily needs

Cholesterol

10.3 mg · 3% of daily needs

Vitamin C

11.8 mg · 14% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/peach-delight-142988