



Peach Melba

 **Gluten Free**  **Dairy Free**

READY IN



10 min.

SERVINGS



1

CALORIES



287 kcal

SIDE DISH

Ingredients

- 1 peaches fresh sliced
- 1 Tbsp raspberry jam warmed
- 0.5 cup whipped cream
- 1 vanilla wafer crushed
- 2 Tbsp cool whip whipped topping thawed

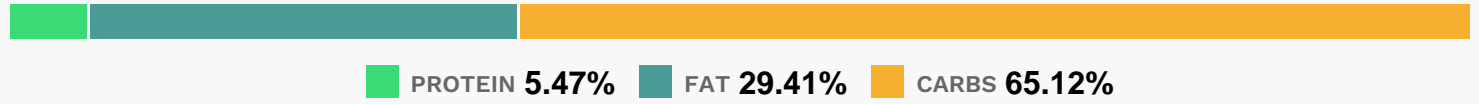
Equipment

- bowl

Directions

- Scoop ice cream into small bowl; top with peaches.
- Drizzle with jam.
- Top with COOL WHIP and wafer crumbs.

Nutrition Facts



Properties

Glycemic Index:156.25, Glycemic Load:21.87, Inflammation Score:-6, Nutrition Score:6.9817391323007%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 287.13kcal (14.36%), Fat: 9.61g (14.78%), Saturated Fat: 5.53g (34.56%), Carbohydrates: 47.88g (15.96%), Net Carbohydrates: 44.95g (16.34%), Sugar: 38.4g (42.67%), Cholesterol: 29.22mg (9.74%), Sodium: 85.18mg (3.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin A: 773.52IU (15.47%), Vitamin B2: 0.23mg (13.42%), Fiber: 2.93g (11.73%), Phosphorus: 112.76mg (11.28%), Calcium: 100.87mg (10.09%), Vitamin C: 8.31mg (10.07%), Potassium: 338.83mg (9.68%), Vitamin E: 1.36mg (9.08%), Copper: 0.15mg (7.65%), Selenium: 4.95µg (7.08%), Vitamin B3: 1.3mg (6.51%), Vitamin B5: 0.62mg (6.17%), Magnesium: 22.67mg (5.67%), Zinc: 0.82mg (5.48%), Manganese: 0.1mg (5.24%), Vitamin K: 4.99µg (4.75%), Vitamin B12: 0.28µg (4.59%), Vitamin B1: 0.07mg (4.54%), Iron: 0.68mg (3.76%), Vitamin B6: 0.08mg (3.75%), Folate: 14.77µg (3.69%)