



Peach Melba



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



419 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons juice of lemon fresh
- ☐ 30.5 oz peach halves packed in heavy syrup canned
- ☐ 3 cups raspberries fresh
- ☐ 1 quart whipped cream

Equipment

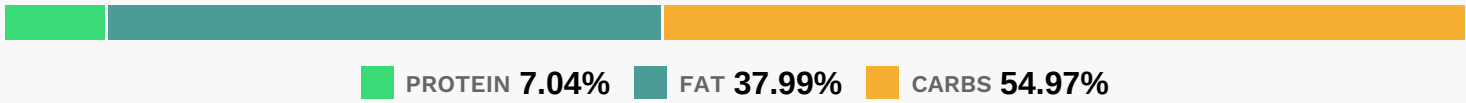
- ☐ food processor
- ☐ bowl
- ☐ sauce pan

- ☐ sieve
- ☐ blender

Directions

- ☐ Drain peaches, reserving syrup.
- ☐ Pour reserved syrup into a small saucepan and bring to a boil over high heat. Boil syrup rapidly, stirring often, until liquid has reduced by half, about 5 minutes.
- ☐ Remove from heat, pour into a bowl and cool.
- ☐ Place raspberries in a food processor or blender; pour in reduced syrup and lemon juice. Process until sauce is smooth. Strain sauce through a fine-mesh sieve, pushing hard on solids to extract as much liquid as possible. (You should have about 2 cups of sauce.)
- ☐ Arrange 1 or 2 peach halves on individual plates or in small serving bowls. Top each with a large scoop of ice cream. Spoon some raspberry sauce over peaches and ice cream. Pass around remaining raspberry sauce on the side.

Nutrition Facts



Properties

Glycemic Index:21.21, Glycemic Load:27.86, Inflammation Score:-7, Nutrition Score:13.850869448289%

Flavonoids

Cyanidin: 30.23mg, Cyanidin: 30.23mg, Cyanidin: 30.23mg, Cyanidin: 30.23mg Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg, Petunidin: 0.19mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg, Pelargonidin: 0.59mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 7.88mg, Catechin: 7.88mg, Catechin: 7.88mg, Catechin: 7.88mg Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg, Epigallocatechin: 1.77mg Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg, Epicatechin: 5.48mg Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg, Epigallocatechin 3-gallate: 0.76mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 418.58kcal (20.93%), Fat: 18.13g (27.9%), Saturated Fat: 10.75g (67.18%), Carbohydrates: 59.03g (19.68%), Net Carbohydrates: 51.86g (18.86%), Sugar: 48.22g (53.58%), Cholesterol: 69.4mg (23.13%), Sodium: 145.53mg (6.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.56g (15.12%), Fiber: 7.17g (28.68%), Vitamin C: 23.22mg (28.15%), Vitamin B2: 0.45mg (26.25%), Manganese: 0.5mg (25.14%), Vitamin A: 1153.72IU (23.07%), Calcium: 222.75mg (22.28%), Phosphorus: 214.85mg (21.48%), Potassium: 582mg (16.63%), Vitamin E: 2.05mg (13.66%), Vitamin B5: 1.34mg (13.36%), Magnesium: 46.91mg (11.73%), Zinc: 1.67mg (11.15%), Vitamin B12: 0.62µg (10.25%), Copper: 0.2mg (10.15%), Vitamin K: 9.48µg (9.03%), Selenium: 5.99µg (8.55%), Vitamin B3: 1.7mg (8.52%), Vitamin B1: 0.12mg (7.92%), Folate: 29.47µg (7.37%), Vitamin B6: 0.15mg (7.28%), Iron: 1.05mg (5.82%), Vitamin D: 0.32µg (2.1%)