



## Peach Melba

 Dairy Free

READY IN



45 min.

SERVINGS



100

CALORIES



38 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 sponge cake mix
- 4 tablespoons brandy
- 8 peaches
- 4 scoops whipped cream
- 100 servings whipped cream
- 1 tablespoon almonds flaked
- 1 cup raspberries
- 4 teaspoons sugar (caster)

1 teaspoon juice of lemon

## Equipment

sauce pan

blender

## Directions

Split cake in half to a thickness of about 3cm and cut 1 half into 4 rounds, roughly the size of a peach half.

Dice half the peaches.

Place a round of sponge cake in each glass dish and soak with brandy.

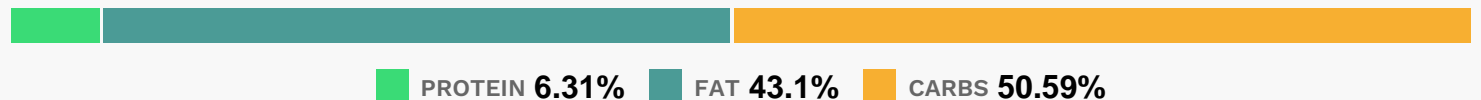
Place a peach half on sponge, hollow side up, and place a scoop of ice cream on each peach.

Pour raspberry syrup over ice cream, decorate with whipped cream and chopped nuts and scatter round diced peach and extra fresh raspberries.

Place ingredients in blender and puree until smooth.

Place in a small saucepan, bring to the boil and simmer 2 minutes. Cool before using.

## Nutrition Facts



## Properties

Glycemic Index:2.77, Glycemic Load:1.33, Inflammation Score:-1, Nutrition Score:0.89478260869565%

## Flavonoids

Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg, Cyanidin: 0.78mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg, Catechin: 0.61mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 37.84kcal (1.89%), Fat: 1.8g (2.76%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 4.74g (1.58%), Net Carbohydrates: 4.44g (1.61%), Sugar: 3.37g (3.74%), Cholesterol: 8.78mg (2.93%), Sodium: 22.86mg (0.99%), Alcohol: 0.2g (1.11%), Protein: 0.59g (1.18%), Vitamin A: 96.35IU (1.93%), Phosphorus: 15.72mg (1.57%), Vitamin B2: 0.02mg (1.39%), Calcium: 12.59mg (1.26%), Manganese: 0.02mg (1.22%), Fiber: 0.3g (1.22%), Vitamin E: 0.18mg (1.18%), Vitamin C: 0.84mg (1.02%)