



Peach Melba Saute and Ice Cream

READY IN



15 min.

SERVINGS



6

CALORIES



378 kcal

DESSERT

Ingredients

- 3 tablespoons brown sugar
- 3 tablespoons butter cut into pieces
- 1 cup gingersnaps
- 0.3 teaspoon ground cinnamon
- 1 teaspoon juice of lemon
- 1 pinch nutmeg to taste
- 4 peaches sliced
- 0.5 pint raspberries
- 1 pinch salt

1 pint whipped cream

Equipment

food processor

frying pan

Directions

Watch how to make this recipe.

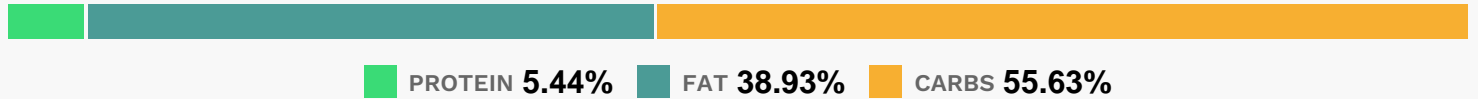
Lightly crush gingersnap cookies and add to food processor. Crumb the cookies with pulse setting of the processor.

Heat the butter to melt in a medium skillet over medium heat.

Add the peaches to the skillet and season with salt, add lime juice and saute to soften the slices 6 to 7 minutes.

Sprinkle in brown sugar and toss to coat. Season peaches with cinnamon and nutmeg. Spoon peaches into dessert cups and top with small scoops of ice cream, top with ginger crumbles.

Nutrition Facts



Properties

Glycemic Index:42.04, Glycemic Load:15.07, Inflammation Score:-6, Nutrition Score:10.913913053015%

Flavonoids

Cyanidin: 19.97mg, Cyanidin: 19.97mg, Cyanidin: 19.97mg, Cyanidin: 19.97mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg, Delphinidin: 0.52mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg, Peonidin: 0.05mg Catechin: 5.44mg, Catechin: 5.44mg, Catechin: 5.44mg, Catechin: 5.44mg Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg, Epigallocatechin: 1.22mg Epicatechin: 3.73mg, Epicatechin: 3.73mg, Epicatechin: 3.73mg, Epicatechin: 3.73mg Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg, Epigallocatechin 3-gallate: 0.51mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg

Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 378.35kcal (18.92%), Fat: 16.79g (25.83%), Saturated Fat: 9.48g (59.28%), Carbohydrates: 53.98g (17.99%), Net Carbohydrates: 48.87g (17.77%), Sugar: 36.49g (40.55%), Cholesterol: 49.75mg (16.58%), Sodium: 234.2mg (10.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.28g (10.56%), Manganese: 0.65mg (32.39%), Fiber: 5.1g (20.44%), Vitamin C: 15.23mg (18.47%), Vitamin B2: 0.29mg (17.24%), Vitamin A: 846.8IU (16.94%), Calcium: 137.16mg (13.72%), Phosphorus: 134.27mg (13.43%), Potassium: 415.1mg (11.86%), Vitamin E: 1.66mg (11.05%), Iron: 1.95mg (10.81%), Copper: 0.19mg (9.7%), Magnesium: 38.03mg (9.51%), Vitamin B3: 1.76mg (8.79%), Folate: 35.18µg (8.79%), Vitamin B5: 0.83mg (8.29%), Vitamin B1: 0.11mg (7.18%), Zinc: 1.06mg (7.05%), Vitamin K: 7.3µg (6.95%), Selenium: 4.71µg (6.72%), Vitamin B12: 0.32µg (5.32%), Vitamin B6: 0.11mg (5.32%), Vitamin D: 0.16µg (1.05%)