



Peach Melba with Blackberry Sauce



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



350 kcal

SIDE DISH

Ingredients

- ☐ 2 cups blackberries
- ☐ 0.5 teaspoon juice of lemon
- ☐ 3 cups whipped cream reduced-fat (such as Healthy Choice)
- ☐ 6 peaches pitted peeled halved
- ☐ 1 cup sugar
- ☐ 1 inch vanilla pod split
- ☐ 1.5 cups water

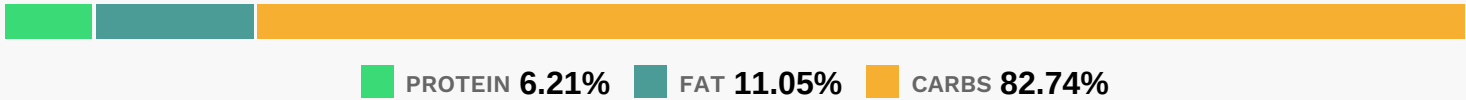
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ slotted spoon

Directions

- ☐ Combine water and sugar in a large saucepan over medium heat. Scrape seeds from vanilla bean; add seeds and bean to pan. Bring mixture to a simmer, stirring constantly; cook 10 minutes.
- ☐ Add peaches to sugar mixture; simmer 5 minutes or just until tender.
- ☐ Remove peaches with a slotted spoon, and place in a bowl.
- ☐ Bring sugar mixture to a boil over medium-high heat; cook until reduced to 1 cup (about 5 minutes).
- ☐ Remove and discard vanilla bean.
- ☐ Add blackberries; cook 10 minutes, stirring occasionally.
- ☐ Remove from heat; cool 5 minutes.
- ☐ Place berry mixture in a blender or food processor; process until smooth. Strain mixture through a fine sieve over a bowl; discard solids. Stir in juice.
- ☐ Divide ice cream evenly among 6 bowls; top with peaches and blackberry sauce.

Nutrition Facts



Properties

Glycemic Index:28.56, Glycemic Load:36.97, Inflammation Score:-7, Nutrition Score:10.310434704242%

Flavonoids

Cyanidin: 50.86mg, Cyanidin: 50.86mg, Cyanidin: 50.86mg, Cyanidin: 50.86mg Pelargonidin: 0.22mg, Pelargonidin: 0.22mg, Pelargonidin: 0.22mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 25.17mg, Catechin: 25.17mg, Catechin: 25.17mg, Catechin: 25.17mg Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg, Epigallocatechin: 1.61mg Epicatechin: 5.75mg, Epicatechin: 5.75mg, Epicatechin: 5.75mg, Epicatechin: 5.75mg Epigallocatechin 3–gallate: 0.78mg, Epigallocatechin 3–gallate: 0.78mg, Epigallocatechin 3–gallate: 0.78mg, Epigallocatechin 3–gallate: 0.78mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg, Quercetin: 2.71mg

Nutrients (% of daily need)

Calories: 349.86kcal (17.49%), Fat: 4.48g (6.9%), Saturated Fat: 2.26g (14.14%), Carbohydrates: 75.52g (25.17%), Net Carbohydrates: 70.49g (25.63%), Sugar: 65g (72.22%), Cholesterol: 20.52mg (6.84%), Sodium: 79.51mg (3.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.67g (11.33%), Vitamin C: 17.3mg (20.97%), Manganese: 0.41mg (20.34%), Fiber: 5.02g (20.09%), Vitamin A: 932.22IU (18.64%), Vitamin B2: 0.26mg (15.25%), Calcium: 144.41mg (14.44%), Vitamin K: 14.31µg (13.63%), Phosphorus: 121.87mg (12.19%), Potassium: 419.94mg (12%), Vitamin E: 1.75mg (11.66%), Copper: 0.22mg (11.05%), Magnesium: 32.86mg (8.21%), Vitamin B3: 1.62mg (8.11%), Zinc: 1.16mg (7.76%), Vitamin B5: 0.73mg (7.28%), Selenium: 5.06µg (7.23%), Folate: 25.64µg (6.41%), Vitamin B12: 0.36µg (5.95%), Vitamin B1: 0.09mg (5.73%), Iron: 0.97mg (5.38%), Vitamin B6: 0.09mg (4.31%)