



Peach Sundaes With Blueberry Sauce

 Gluten Free

READY IN



13 min.

SERVINGS



4

CALORIES



109 kcal

Ingredients

- ☐ 4 servings blueberry sauce
- ☐ 1.3 cups whipped cream low-fat
- ☐ 1 cup peaches fresh cubed peeled (2 peaches)

Equipment

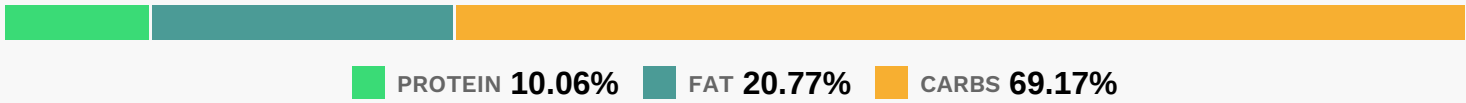
Directions

- ☐ Prepare Blueberry Sauce.

- ☐
- Place 1/4 cup peaches in each of 4 dessert dishes; top each with 1/3 cup ice cream and 1/4 cup Blueberry Sauce.

☐

Nutrition Facts



Properties

Glycemic Index:19.06, Glycemic Load:6.66, Inflammation Score:-3, Nutrition Score:3.0660869906778%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 108.59kcal (5.43%), Fat: 2.55g (3.93%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 19.12g (6.37%), Net Carbohydrates: 18.39g (6.69%), Sugar: 14.66g (16.29%), Cholesterol: 13.68mg (4.56%), Sodium: 54.5mg (2.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.78g (5.56%), Calcium: 83.11mg (8.31%), Vitamin B2: 0.14mg (8.3%), Vitamin A: 352.5IU (7.05%), Phosphorus: 60.66mg (6.07%), Potassium: 152.36mg (4.35%), Vitamin B12: 0.24µg (3.97%), Zinc: 0.46mg (3.06%), Vitamin B5: 0.3mg (3.03%), Fiber: 0.73g (2.92%), Vitamin C: 2.19mg (2.65%), Selenium: 1.82µg (2.6%), Magnesium: 10.17mg (2.54%), Vitamin B1: 0.04mg (2.41%), Vitamin E: 0.34mg (2.28%), Copper: 0.04mg (1.93%), Vitamin B3: 0.38mg (1.9%), Vitamin B6: 0.03mg (1.62%), Folate: 5.35µg (1.34%), Manganese: 0.03mg (1.3%), Vitamin K: 1.36µg (1.29%), Iron: 0.23mg (1.26%)