



## Peaches 'n' Cream Cups

READY IN



10 min.

SERVINGS



4

CALORIES



705 kcal

SIDE DISH

### Ingredients

- 8 ounce cream cheese at room temperature
- 1 cup heavy cream
- 4 ladyfinger cookies for garnish
- 1 small peaches sliced for garnish
- 1 cup peach preserves
- 1 tablespoon sugar
- 1 teaspoon vanilla extract

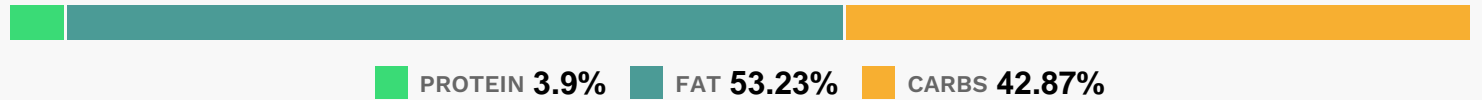
### Equipment

- bowl
- hand mixer

## Directions

- Watch how to make this recipe.
- In a large bowl, combine the heavy cream and sugar and whip with a hand mixer until medium peaks form. Cover with plastic and place in the refrigerator.
- In another large bowl, combine the cream cheese, peach preserves and vanilla extract and beat with a hand mixer until light and fluffy. Fold in the whipped cream.
- Divide the mixture among 4 dessert glasses and refrigerate until ready to serve. When ready to serve, garnish each with a few slices of peach and a ladyfinger cookie.

## Nutrition Facts



## Properties

Glycemic Index:48.09, Glycemic Load:35.76, Inflammation Score:-7, Nutrition Score:8.569565244343%

## Flavonoids

Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg, Cyanidin: 0.62mg Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg, Catechin: 1.6mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 705.28kcal (35.26%), Fat: 42.14g (64.83%), Saturated Fat: 25.54g (159.6%), Carbohydrates: 76.35g (25.45%), Net Carbohydrates: 74.82g (27.21%), Sugar: 50.94g (56.6%), Cholesterol: 148.81mg (49.6%), Sodium: 241.82mg (10.51%), Alcohol: 0.34g (100%), Alcohol %: 0.18% (100%), Protein: 6.95g (13.91%), Vitamin A: 1803.23IU (36.06%), Vitamin B2: 0.37mg (21.5%), Phosphorus: 137.57mg (13.76%), Selenium: 9.06µg (12.95%), Calcium: 117.88mg (11.79%), Vitamin C: 9.17mg (11.1%), Vitamin E: 1.37mg (9.16%), Potassium: 250.44mg (7.16%), Copper: 0.14mg (6.92%), Folate: 27.25µg (6.81%), Vitamin B5: 0.66mg (6.65%), Vitamin D: 0.95µg (6.35%), Fiber: 1.53g (6.13%), Iron: 1.05mg (5.81%), Vitamin B1: 0.08mg (5.18%), Vitamin B12: 0.3µg (5.04%), Vitamin B6: 0.09mg (4.57%), Zinc: 0.68mg (4.53%), Manganese: 0.09mg (4.47%), Magnesium: 16.71mg (4.18%), Vitamin K: 4.07µg (3.88%), Vitamin B3: 0.62mg (3.09%)