



Peaches With Berry Sauce



Vegetarian



Gluten Free

READY IN



15 min.

SERVINGS



4

CALORIES



217 kcal

SIDE DISH

Ingredients

- ☐ 1 cup poached berries fresh (blackberries, raspberries, strawberries, or a combination)
- ☐ 2 tablespoons honey
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 cups whipped cream low-fat
- ☐ 2 peaches pitted sliced

Equipment

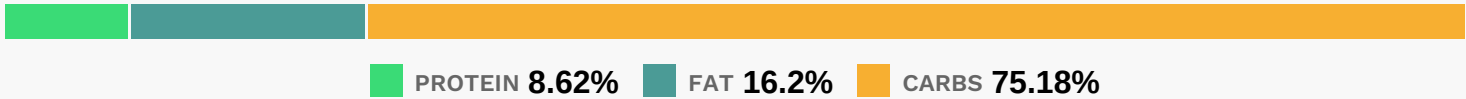
- ☐ bowl
- ☐ sieve

☐ blender

Directions

- ☐ Combine the berries, honey, lemon juice, and Grand Marnier (if using) in a blender. Puree until smooth. Strain through a fine sieve into bowl; discard seeds and set aside.
- ☐ Place 4 peach slices in each of 4 dessert bowls, and add 1/2 cup ice cream to each; drizzle with berry sauce.

Nutrition Facts



Properties

Glycemic Index:38.38, Glycemic Load:15.48, Inflammation Score:-6, Nutrition Score:7.7000000580497%

Flavonoids

Cyanidin: 37.42mg, Cyanidin: 37.42mg, Cyanidin: 37.42mg, Cyanidin: 37.42mg Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg, Pelargonidin: 0.16mg Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg, Peonidin: 0.08mg Catechin: 17.03mg, Catechin: 17.03mg, Catechin: 17.03mg, Catechin: 17.03mg Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg, Epigallocatechin: 0.82mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg, Epigallocatechin 3-gallate: 0.47mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg, Quercetin: 1.8mg

Nutrients (% of daily need)

Calories: 216.52kcal (10.83%), Fat: 4.06g (6.24%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 42.37g (14.12%), Net Carbohydrates: 39.07g (14.21%), Sugar: 33.56g (37.29%), Cholesterol: 20.52mg (6.84%), Sodium: 66.81mg (2.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.86g (9.72%), Vitamin C: 13.05mg (15.82%), Manganese: 0.29mg (14.55%), Calcium: 136.65mg (13.67%), Vitamin B2: 0.23mg (13.59%), Vitamin A: 662.24IU (13.24%), Fiber: 3.29g (13.17%), Phosphorus: 103.42mg (10.34%), Vitamin K: 9.68µg (9.22%), Potassium: 317.22mg (9.06%), Vitamin E: 1.07mg (7.1%), Copper: 0.14mg (6.76%), Zinc: 0.94mg (6.29%), Magnesium: 24.27mg (6.07%), Vitamin B12: 0.36µg (5.95%), Vitamin B5: 0.59mg (5.92%), Vitamin B3: 0.96mg (4.78%), Folate: 19.02µg (4.76%), Selenium: 3.33µg (4.75%), Vitamin B1: 0.07mg (4.43%), Iron: 0.67mg (3.72%), Vitamin B6: 0.07mg (3.4%)