



## Peches Melba

 **Gluten Free**  **Dairy Free**

READY IN



**120 min.**

SERVINGS



**6**

CALORIES



**493 kcal**

**SIDE DISH**

### Ingredients

- 2 teaspoons juice of lemon fresh
- 2.3 lb peaches
- 12 oz raspberries frozen thawed (not in syrup)
- 0.5 cup sugar
- 1 inch vanilla pod
- 2 pt whipped cream
- 0.3 cup water

### Equipment

- bowl
- frying pan
- sauce pan
- knife
- pot
- sieve
- slotted spoon
- cutting board

## Directions

- Cut a shallow X in bottom of each peach with a sharp paring knife and immerse fruit in a 4-quart heavy pot (preferably wide) of boiling water 30 seconds, then transfer with a slotted spoon to a bowl of ice and cold water to stop cooking.
- Transfer peaches to a cutting board and peel, starting with cut end, then cut in half, discarding pits.
- Combine sugar and water in cleaned pot. Halve vanilla bean lengthwise with a paring knife and scrape seeds into pot, then add pod and bring mixture to a boil, stirring until sugar is dissolved.
- Add peaches, pitted sides down, to sugar syrup, then reduce heat and poach, covered, at a bare simmer 6 minutes. Turn peaches over and continue to poach, covered, until tender, 5 to 6 minutes more.
- Cool peaches in poaching liquid in pot, uncovered, 1 to 1 1/2 hours.
- Force raspberries through a fine-mesh sieve into a bowl, pressing hard on solids.
- Combine sugar and water in a small heavy saucepan. Cover pan (so condensation will wash any sugar crystals down side of pan) and bring to a boil, then remove lid and boil 2 minutes.
- Immediately stir sugar syrup into raspberry purée and cool to room temperature, about 1 hour. Stir in lemon juice. 3
- Serve peaches over ice cream and drizzled with sauce.
- Peaches can be poached and cooled 1 day ahead, then chilled, covered.

## Nutrition Facts



■ PROTEIN 6.11% ■ FAT 32.44% ■ CARBS 61.45%

## Properties

Glycemic Index:32.89, Glycemic Load:40.35, Inflammation Score:-8, Nutrition Score:14.325217371402%

## Flavonoids

Cyanidin: 29.22mg, Cyanidin: 29.22mg, Cyanidin: 29.22mg, Cyanidin: 29.22mg Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg, Petunidin: 0.18mg Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg, Delphinidin: 0.75mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg, Pelargonidin: 0.56mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 9.11mg, Catechin: 9.11mg, Catechin: 9.11mg, Catechin: 9.11mg Epigallocatechin: 2.03mg, Epigallocatechin: 2.03mg, Epigallocatechin: 2.03mg, Epigallocatechin: 2.03mg Epicatechin: 5.98mg, Epicatechin: 5.98mg, Epicatechin: 5.98mg, Epicatechin: 5.98mg Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg, Epigallocatechin 3-gallate: 0.82mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg, Quercetin: 1.72mg

## Nutrients (% of daily need)

Calories: 492.94kcal (24.65%), Fat: 18.3g (28.15%), Saturated Fat: 10.75g (67.21%), Carbohydrates: 77.97g (25.99%), Net Carbohydrates: 70.63g (25.68%), Sugar: 66.89g (74.32%), Cholesterol: 69.4mg (23.13%), Sodium: 149.7mg (6.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.75g (15.51%), Fiber: 7.35g (29.38%), Vitamin C: 23.42mg (28.39%), Vitamin B2: 0.46mg (26.84%), Manganese: 0.5mg (24.86%), Vitamin A: 1237.35IU (24.75%), Calcium: 223.53mg (22.35%), Phosphorus: 219.61mg (21.96%), Potassium: 609.06mg (17.4%), Vitamin E: 2.21mg (14.74%), Vitamin B5: 1.37mg (13.65%), Magnesium: 48.39mg (12.1%), Zinc: 1.72mg (11.48%), Copper: 0.22mg (11.18%), Vitamin B12: 0.62µg (10.25%), Vitamin K: 10µg (9.52%), Selenium: 6.63µg (9.47%), Vitamin B3: 1.89mg (9.47%), Vitamin B1: 0.12mg (8.27%), Folate: 30.33µg (7.58%), Vitamin B6: 0.15mg (7.51%), Iron: 1.12mg (6.23%), Vitamin D: 0.32µg (2.1%)