



Quick-and-Easy Peach Parcels

READY IN



8 min.

SERVINGS



8

CALORIES



139 kcal

SIDE DISH

Ingredients

- 0.3 cup brown sugar
- 3 Tablespoons butter softened
- 8 crêpes whole (I Used Melissa's Brand)
- 1 peaches whole pitted ripe cut into chunks
- 1 teaspoon vanilla extract
- 8 servings whipped cream

Equipment

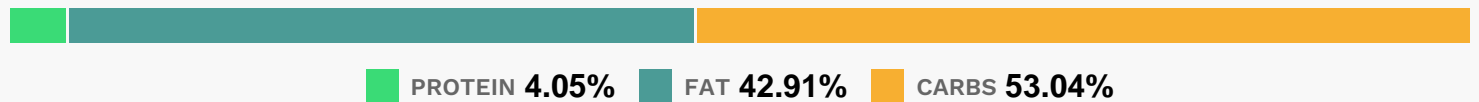
- bowl

oven

Directions

- Preheat oven to 350 degrees. In a bowl, mix together softened butter, brown sugar, vanilla, and peach schnaaps, if using. Working one at a time, lay a crepe on a flat surface and place a couple of peach chunks in the middle. Spoon a little bit of the butter mixture on top of the peach chunks, then quickly gather the crepe into a "parcel." Secure with a clothespin. Repeat with remaining crepes. Keep in mind that the crepes dry out very quickly, so just work with them one at a time. Don't worry if you experience a little crack or tear; they'll still be yummy.
- Bake at 350 degrees for only 3 to 5 minutes, watching to make sure they don't burn. (Crepes burn very easily; keep an eye out!)To serve, spoon whipped cream onto a plate. Set warm peach parcel in the middle of the whipped cream and garnish with little peach slices. Very pretty/fancy...very little effort!

Nutrition Facts



Properties

Glycemic Index:18.16, Glycemic Load:1.06, Inflammation Score:-1, Nutrition Score:1.0460869656957%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 139.48kcal (6.97%), Fat: 6.64g (10.21%), Saturated Fat: 4.03g (25.18%), Carbohydrates: 18.46g (6.15%), Net Carbohydrates: 18.18g (6.61%), Sugar: 12.76g (14.18%), Cholesterol: 21.81mg (7.27%), Sodium: 117.6mg (5.11%), Alcohol: 0.17g (100%), Alcohol %: 0.42% (100%), Protein: 1.41g (2.82%), Vitamin A: 233.42IU (4.67%), Calcium: 23.77mg (2.38%), Vitamin E: 0.3mg (1.98%), Iron: 0.3mg (1.65%), Potassium: 42.84mg (1.22%), Fiber: 0.28g (1.13%), Phosphorus: 11.03mg (1.1%)