



Quick Savory Grilled Peaches

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



52 kcal

SIDE DISH

Ingredients

- 0.5 teaspoon basil fresh chopped
- 0.3 teaspoon thyme leaves fresh chopped
- 12 servings salt and ground pepper black to taste
- 2 tablespoons olive oil
- 6 peaches fresh pitted halved

Equipment

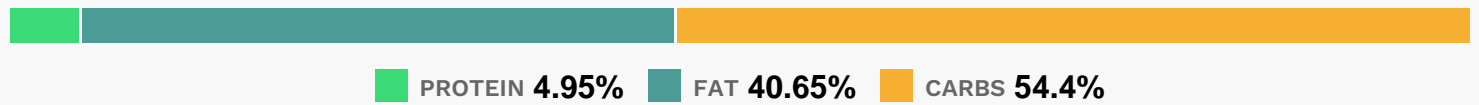
- bowl
- whisk

grill

Directions

- Preheat grill for medium heat and lightly oil the grate.
- Whisk olive oil, basil, thyme, salt, and pepper together in a bowl. Allow flavors to combine for 5 minutes.
- Brush oil mixture on inside flesh of peach halves.
- Grill peaches, flesh sides down until softened and grill marks appear, about 4 minutes.

Nutrition Facts



Properties

Glycemic Index:15.6, Glycemic Load:2.61, Inflammation Score:-3, Nutrition Score:2.1308695673943%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

Nutrients (% of daily need)

Calories: 52.42kcal (2.62%), Fat: 2.54g (3.91%), Saturated Fat: 0.34g (2.11%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.49g (2.36%), Sugar: 6.29g (6.99%), Cholesterol: 0mg (0%), Sodium: 9.82mg (0.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.7g (1.39%), Vitamin E: 0.88mg (5.9%), Vitamin A: 247.25IU (4.94%), Fiber: 1.16g (4.62%), Vitamin C: 3.14mg (3.81%), Vitamin K: 3.84µg (3.65%), Vitamin B3: 0.61mg (3.03%), Copper: 0.06mg (3%), Manganese: 0.06mg (2.96%), Potassium: 93.12mg (2.66%), Selenium: 1.58µg (2.26%), Phosphorus: 16.7mg (1.67%), Iron: 0.29mg (1.58%), Magnesium: 6.24mg (1.56%), Vitamin B2: 0.02mg (1.39%), Vitamin B1: 0.02mg (1.21%), Zinc: 0.17mg (1.16%), Vitamin B5: 0.12mg (1.16%), Folate: 4.54µg (1.13%)