



Roasted Peaches



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



225 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon brown sugar
- ☐ 2 tablespoons butter melted
- ☐ 4 servings vanilla yogurt frozen
- ☐ 3 cups peaches fresh peeled sliced

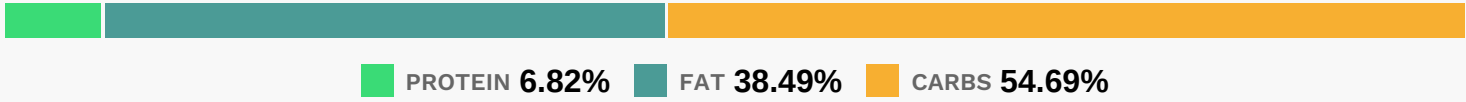
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Toss 3 cups fresh sliced peeled peaches with 2 tablespoons melted butter and 1 tablespoon brown sugar.
- ☐ Place in a 13- x 9-inch baking dish; bake at 475 for 10 minutes or until tender.
- ☐ Serve over vanilla frozen yogurt.

Nutrition Facts



Properties

Glycemic Index:22.56, Glycemic Load:4, Inflammation Score:-5, Nutrition Score:6.0339130513046%

Flavonoids

Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg, Cyanidin: 2.22mg Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg, Catechin: 5.68mg Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg, Epigallocatechin: 1.2mg Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg, Epicatechin: 2.7mg Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg, Epigallocatechin 3-gallate: 0.35mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 224.58kcal (11.23%), Fat: 10.02g (15.42%), Saturated Fat: 6.08g (38.01%), Carbohydrates: 32.04g (10.68%), Net Carbohydrates: 30.3g (11.02%), Sugar: 29.88g (33.21%), Cholesterol: 16.49mg (5.5%), Sodium: 123.5mg (5.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.99%), Vitamin A: 704.1IU (14.08%), Phosphorus: 120.09mg (12.01%), Vitamin B2: 0.2mg (11.73%), Calcium: 111.75mg (11.18%), Potassium: 298.5mg (8.53%), Vitamin E: 1.08mg (7.23%), Selenium: 4.91µg (7.01%), Fiber: 1.73g (6.93%), Vitamin B5: 0.65mg (6.53%), Vitamin C: 5.31mg (6.44%), Copper: 0.12mg (6.01%), Vitamin B3: 1.14mg (5.72%), Magnesium: 19.73mg (4.93%), Vitamin B6: 0.09mg (4.4%), Manganese: 0.08mg (4.05%), Vitamin K: 4.17µg (3.97%), Zinc: 0.58mg (3.84%), Vitamin B12: 0.22µg (3.68%), Vitamin B1: 0.05mg (3.65%), Iron: 0.63mg (3.51%), Folate: 11.49µg (2.87%)