



Ruby Peach Melba



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



131 kcal

SIDE DISH

Ingredients

- ☐ 16 ounce peach halves in juice drained canned
- ☐ 2 teaspoons juice of lemon
- ☐ 1.5 cups raspberries
- ☐ 2 tablespoons measures-like-sugar" calorie-free sweetener
- ☐ 1.5 cups vanilla fat-free

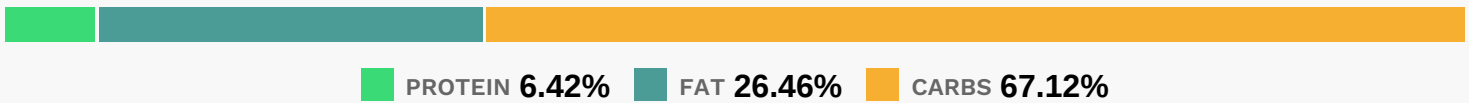
Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a small bowl, tossing lightly to coat.
- ☐ Let stand 5 minutes.
- ☐ Spoon raspberry mixture evenly into individual dessert dishes.
- ☐ Place 1 peach half, cut side up, in each dish, and spoon 1/4 cup ice cream over each serving.
- ☐ Serve immediately.
- ☐ carbo rating: 17

Nutrition Facts



Properties

Glycemic Index:32.89, Glycemic Load:10.44, Inflammation Score:-4, Nutrition Score:5.238260888535%

Flavonoids

Cyanidin: 15.18mg, Cyanidin: 15.18mg, Cyanidin: 15.18mg, Cyanidin: 15.18mg Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg, Petunidin: 0.09mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg, Malvidin: 0.04mg Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg, Pelargonidin: 0.29mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg, Catechin: 4.11mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 2.83mg, Epicatechin: 2.83mg, Epicatechin: 2.83mg, Epicatechin: 2.83mg Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg, Epigallocatechin 3-gallate: 0.39mg 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: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg, Quercetin: 0.82mg

Nutrients (% of daily need)

Calories: 131.43kcal (6.57%), Fat: 4.05g (6.22%), Saturated Fat: 2.26g (14.13%), Carbohydrates: 23.09g (7.7%), Net Carbohydrates: 19.77g (7.19%), Sugar: 18.7g (20.78%), Cholesterol: 14.52mg (4.84%), Sodium: 36.58mg (1.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin C: 11.8mg (14.31%), Fiber: 3.32g (13.28%), Manganese: 0.25mg (12.51%), Vitamin A: 395.38IU (7.91%), Vitamin B2: 0.12mg (6.77%), Vitamin E: 0.91mg (6.1%), Phosphorus: 60.12mg (6.01%), Potassium: 205mg (5.86%), Calcium: 52.9mg (5.29%), Copper: 0.09mg (4.71%), Vitamin K: 4.71µg (4.48%), Magnesium: 17.37mg (4.34%), Vitamin B3: 0.83mg (4.14%), Vitamin B5: 0.41mg (4.08%),

Zinc: 0.53mg (3.53%), Selenium: 2.27µg (3.24%), Folate: 12.82µg (3.2%), Vitamin B1: 0.04mg (2.78%), Iron: 0.5mg (2.76%), Vitamin B6: 0.05mg (2.6%), Vitamin B12: 0.13µg (2.14%)