



Tequila Peaches

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



451 kcal

BEVERAGE

DRINK

Ingredients

- 1 stick butter melted
- 1 pint yogurt plain frozen
- 1 cup honey
- 3 peaches pitted halved
- 2 cups pineapple juice
- 0.3 cup tequila anejo

Equipment

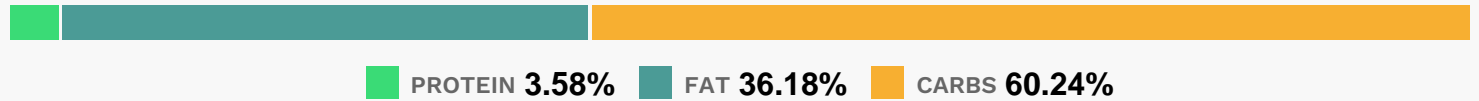
- sauce pan

- grill
- grill pan

Directions

- Watch how to make this recipe.
- Combine the pineapple juice and honey in a medium saucepan over medium-high heat. Bring to a simmer and cook until slightly thickened, about 15 minutes.
- Add the tequila and continue to cook for 2 more minutes. Turn off the heat and set aside.
- Meanwhile, prepare a barbecue or grill pan to medium-high.
- Spread the butter over each peach half and grill, flat-sides down, until warmed through, about 4 minutes.
- Add the grilled peaches to the tequila syrup and let stand 20 minutes before serving.
- Serve the peaches with frozen yogurt and drizzle with tequila syrup.
- Cook's Note: The peaches can stand in the syrup, covered, up to 2 hours at room temperature.

Nutrition Facts



Properties

Glycemic Index:37.09, Glycemic Load:32.16, Inflammation Score:-6, Nutrition Score:7.7473912964696%

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 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: 451.19kcal (22.56%), Fat: 18.13g (27.9%), Saturated Fat: 11.35g (70.96%), Carbohydrates: 67.94g (22.65%), Net Carbohydrates: 66.55g (24.2%), Sugar: 64.22g (71.35%), Cholesterol: 50.74mg (16.91%), Sodium: 171.06mg (7.44%), Alcohol: 3.34g (100%), Alcohol %: 1.33% (100%), Protein: 4.03g (8.06%), Manganese: 0.49mg (24.62%),

Vitamin A: 797.15IU (15.94%), Vitamin C: 11.62mg (14.08%), Calcium: 116.56mg (11.66%), Vitamin B2: 0.18mg (10.59%), Phosphorus: 104.89mg (10.49%), Potassium: 350.1mg (10%), Copper: 0.14mg (7.12%), Vitamin E: 1.05mg (6.98%), Vitamin B6: 0.14mg (6.84%), Magnesium: 26.41mg (6.6%), Folate: 25.88µg (6.47%), Vitamin B1: 0.09mg (5.87%), Zinc: 0.87mg (5.8%), Selenium: 4.03µg (5.76%), Fiber: 1.4g (5.58%), Vitamin B12: 0.32µg (5.4%), Vitamin B5: 0.52mg (5.25%), Vitamin B3: 0.9mg (4.49%), Iron: 0.78mg (4.35%), Vitamin K: 3.96µg (3.77%)