

# The Dreamiest Peaches

 Vegetarian

READY IN



6 min.

SERVINGS



6

CALORIES



101 kcal

SIDE DISH

## Ingredients

- 1 tablespoon brown sugar
- 1 tablespoon butter softened
- 0.3 teaspoon ground cinnamon
- 15 ounce peaches drained canned
- 10 vanilla wafers crushed

## Equipment

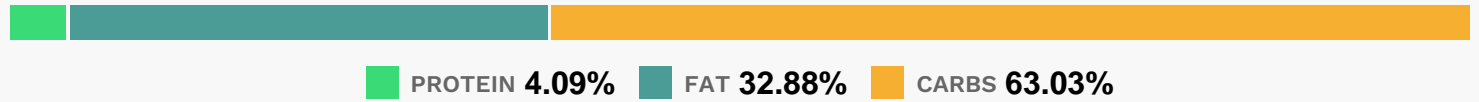
- bowl
- oven

- broiler
- pie form

## Directions

- Preheat oven on broiler setting.
- Place peaches hollow side up in a pie pan. In a medium bowl, mix together crushed vanilla wafers, brown sugar, butter and cinnamon until crumbly.
- Sprinkle over peaches.
- Place under broiler, and cook until sugar is melted and bubbly, about 1 minute.

## Nutrition Facts



## Properties

Glycemic Index:28.71, Glycemic Load:7.98, Inflammation Score:-3, Nutrition Score:2.3513043266924%

## Flavonoids

Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg, Cyanidin: 1.36mg Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg, Catechin: 3.49mg Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg, Epigallocatechin: 0.74mg Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg, Epicatechin: 1.66mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

## Nutrients (% of daily need)

Calories: 100.5kcal (5.03%), Fat: 3.82g (5.88%), Saturated Fat: 1.78g (11.14%), Carbohydrates: 16.5g (5.5%), Net Carbohydrates: 15.25g (5.55%), Sugar: 11.05g (12.28%), Cholesterol: 5.12mg (1.71%), Sodium: 64.99mg (2.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.07g (2.14%), Vitamin A: 289.6IU (5.79%), Fiber: 1.25g (4.99%), Vitamin B3: 0.84mg (4.18%), Vitamin B1: 0.06mg (3.94%), Vitamin E: 0.57mg (3.82%), Vitamin C: 2.91mg (3.53%), Folate: 13.15µg (3.29%), Manganese: 0.06mg (2.95%), Copper: 0.06mg (2.83%), Potassium: 98.45mg (2.81%), Vitamin B2: 0.05mg (2.69%), Vitamin K: 2.32µg (2.21%), Selenium: 1.54µg (2.2%), Phosphorus: 20.49mg (2.05%), Magnesium: 5.95mg (1.49%), Iron: 0.26mg (1.46%), Vitamin B5: 0.11mg (1.14%), Zinc: 0.17mg (1.11%)