



Vanilla poached peaches



Vegetarian



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



4

CALORIES



197 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 large peaches ripe
- ☐ 425 ml wine sweet
- ☐ 2 tbsp clear honey
- ☐ 1 vanilla pod split

Equipment

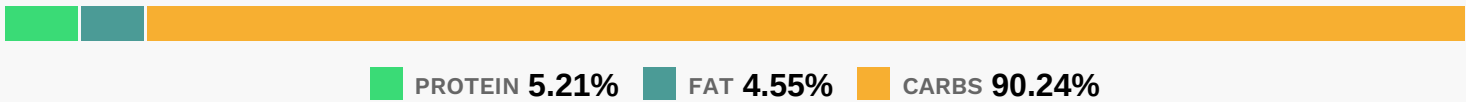
- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon

☐ slotted spoon

Directions

- ☐ Put the kettle on, and fill a large bowl with iced water.
- ☐ Place the peaches in another large bowl and pour over enough boiling water to cover. Leave for 30 secs, then remove the peaches with a slotted spoon and plunge them into the cold water. The skins should now peel away easily.
- ☐ Place the wine, honey and vanilla pod in a pan large enough to hold all the peaches, then gently heat until the honey has dissolved. Lower the peaches into the pan, cover and simmer gently for 15–20 mins until tender but not overly soft. Using two wooden spoons, turn the fruit 3 or 4 times while cooking and frequently baste with the syrup.
- ☐ Remove the cooked peaches from the pan and set to one side in a large bowl.
- ☐ Boil the syrup hard until it has reduced by half (this will take about 10 mins). Spoon over the peaches, then set aside to cool. The peaches will keep for up to 2 days, covered and in the fridge.
- ☐ Serve the peaches and syrup at room temperature, warm or chilled with spoonfuls of clotted cream, if you like.

Nutrition Facts



Properties

Glycemic Index:26.88, Glycemic Load:10.99, Inflammation Score:-7, Nutrition Score:5.5234782903091%

Flavonoids

Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg, Cyanidin: 3.36mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Catechin: 9.44mg, Catechin: 9.44mg, Catechin: 9.44mg, Catechin: 9.44mg Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg, Epigallocatechin: 1.82mg Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg, Epicatechin: 4.69mg Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg, Epigallocatechin 3–gallate: 0.52mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg, Quercetin: 1.2mg

Nutrients (% of daily need)

Calories: 196.74kcal (9.84%), Fat: 0.66g (1.02%), Saturated Fat: 0.03g (0.21%), Carbohydrates: 29.44g (9.81%), Net Carbohydrates: 26.8g (9.74%), Sugar: 24.34g (27.04%), Cholesterol: 0mg (0%), Sodium: 28.56mg (1.24%), Alcohol: 11.1g (100%), Alcohol %: 4.78% (100%), Protein: 1.7g (3.4%), Manganese: 0.24mg (12.06%), Vitamin A: 570.5IU (11.41%), Fiber: 2.65g (10.58%), Vitamin C: 7.23mg (8.76%), Vitamin E: 1.28mg (8.52%), Potassium: 295.49mg (8.44%), Vitamin B3: 1.54mg (7.7%), Copper: 0.14mg (7.23%), Magnesium: 24.99mg (6.25%), Phosphorus: 58.32mg (5.83%), Selenium: 3.87µg (5.52%), Vitamin K: 5.68µg (5.41%), Iron: 0.93mg (5.17%), Vitamin B6: 0.1mg (5.01%), Vitamin B2: 0.07mg (4.38%), Zinc: 0.55mg (3.7%), Vitamin B5: 0.32mg (3.23%), Vitamin B1: 0.05mg (3.16%), Folate: 11.79µg (2.95%), Calcium: 17.33mg (1.73%)