



Warmed Stuffed Peaches

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



116 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.5 cup tropical fruit mixed dried (such as Sunkist brand)
- ☐ 2 tablespoons graham cracker crumbs
- ☐ 0.3 teaspoon ground allspice
- ☐ 12 ounce peach nectar canned
- ☐ 4 peaches pitted halved
- ☐ 0.3 cup slivered almonds toasted
- ☐ 0.5 cup vanilla yogurt divided

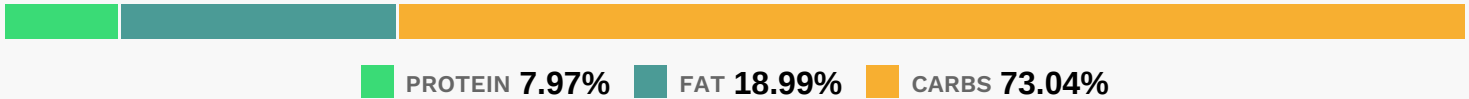
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Scoop out peach pulp to form a 2-inch circle in center of each half. Reserve pulp, and finely chop.
- ☐ Combine pulp, dried fruit, toasted almonds, graham cracker crumbs, brown sugar, and allspice. Divide the pulp mixture evenly among peach halves.
- ☐ Place stuffed peach halves in an 11 x 7-inch baking dish.
- ☐ Add nectar to pan.
- ☐ Bake at 350 for 40 minutes or until peaches are tender.
- ☐ Drizzle peach halves evenly with liquid from pan. Top evenly with yogurt.

Nutrition Facts



Properties

Glycemic Index:17.41, Glycemic Load:3.98, Inflammation Score:-4, Nutrition Score:4.453043476395%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Catechin: 3.73mg, Catechin: 3.73mg, Catechin: 3.73mg, Catechin: 3.73mg Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg, Epigallocatechin: 0.87mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 115.5kcal (5.78%), Fat: 2.59g (3.99%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 22.41g (7.47%), Net Carbohydrates: 20.49g (7.45%), Sugar: 18.85g (20.94%), Cholesterol: 0.77mg (0.26%), Sodium: 42.67mg (1.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.45g (4.89%), Vitamin E: 1.54mg (10.25%), Vitamin A: 405.9IU (8.12%), Fiber: 1.92g (7.7%), Manganese: 0.14mg (6.97%), Vitamin B2: 0.11mg (6.38%), Phosphorus: 61.7mg (6.17%), Copper: 0.12mg (5.83%), Magnesium: 21.83mg (5.46%), Potassium: 184.78mg (5.28%), Vitamin B3: 0.94mg (4.69%), Calcium: 46.43mg (4.64%), Vitamin C: 3.55mg (4.3%), Vitamin B1: 0.06mg (4.29%), Selenium: 2.59µg (3.69%), Iron: 0.6mg (3.31%), Vitamin K: 3.46µg (3.29%), Zinc: 0.47mg (3.15%), Vitamin B6: 0.05mg (2.61%), Vitamin B5: 0.25mg (2.54%), Folate: 9.59µg (2.4%), Vitamin B12: 0.08µg (1.35%)