



Zinful (Sinless) Poached Peaches with Cardamom Yogurt



Vegetarian



Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon ground cardamom
- ☐ 2 juice of lemon juiced
- ☐ 2 cups vanilla yogurt low-fat
- ☐ 8 peaches ripe peeled
- ☐ 1 cup sugar
- ☐ 1 bottle red wine , an \$8 bottle

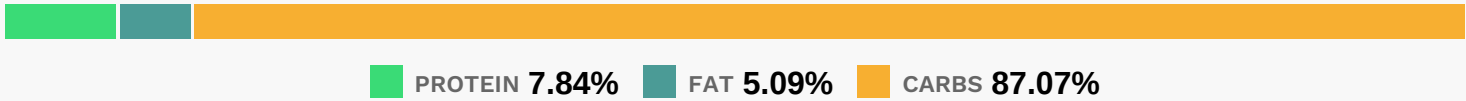
Equipment

☐ pot

Directions

- ☐ Mix the cardamom into the yogurt and refrigerate until you are ready to serve.
- ☐ Toss the peaches with the lemon juice so they won't oxidize.
- ☐ Put the Zinfandel and sugar into a stainless steel pot over medium heat and bring it to a simmer.
- ☐ Add the peaches and simmer for about 15 minutes, covered.
- ☐ Remove the peaches and reduce the Zinfandel by about half, down to light syrup. Spoon the sauce over the peaches and serve with the yogurt.

Nutrition Facts



Properties

Glycemic Index:14.42, Glycemic Load:22.65, Inflammation Score:-5, Nutrition Score:6.5965217092763%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 213.46kcal (10.67%), Fat: 1.28g (1.96%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 49.11g (16.37%), Net Carbohydrates: 46.8g (17.02%), Sugar: 46.18g (51.31%), Cholesterol: 3.06mg (1.02%), Sodium: 60.27mg (2.62%), Alcohol: 0.01g (100%), Alcohol %: 0.01% (100%), Protein: 4.42g (8.85%), Phosphorus: 116.51mg (11.65%), Vitamin C: 9.57mg (11.6%), Calcium: 111.92mg (11.19%), Vitamin B2: 0.18mg (10.34%), Vitamin A: 515.79IU (10.32%), Potassium: 326.76mg (9.34%), Fiber: 2.31g (9.23%), Selenium: 6.31µg (9.01%), Vitamin E: 1.12mg (7.46%), Manganese: 0.13mg (6.54%), Copper: 0.13mg (6.42%), Vitamin B3: 1.28mg (6.41%), Zinc: 0.87mg (5.79%), Vitamin B5: 0.58mg (5.77%), Magnesium: 22.54mg (5.63%), Vitamin B12: 0.32µg (5.41%), Vitamin K: 4.56µg (4.34%), Folate: 17.24µg (4.31%), Vitamin B1: 0.06mg (4.25%), Vitamin B6: 0.07mg (3.44%), Iron: 0.59mg (3.27%)