Dining SERVICES

Grilled Stuffed Peaches

4 half peach portions

Fresh Peaches	**2 Each Halved**
Blueberries	**1/2 Cup**
Brown Sugar	**1 Tablespoon + 1 Teaspoon**
Lemon Juice	**2 Teaspoon**

1. Wash and cut the peaches in half. Remove the stones.

2. Place the peach in a piece of foil.

3. To each peach half, add 2 tablespoons of blueberries. 1 teaspoon of brown sugar, and half a teaspoon of lemon juice.

4. Close & seal the foil.

5. Place the packets on a hot grill. Grill for 15-18 minutes, or until heated and tender.

** These would go great with frozen yogurt or ice cream **

Grilled Stuffed Peaches
half peach portion

Nutrition Facts

Serving Size 1 half peach portion (110g)
Serving Per Container1

Amount Per Serving

Calories 70

	% Daily Values*
Total Fat 0	**0** %
Saturated Fat 0	**0** %
Trans Fat 0	%
Polyunsaturated Fat 0	%
Monounsaturated Fat 0	%
Cholesterol less than 5 milligrams	**0** %
Sodium 0mg	**0** %
Total Carbohydrate 17g	**6** %
Dietary Fiber 2g	**8** %
Sugars 15g	%
Protein 1g	**2** %

Vitamin A 0%	•	Vitamin C 0%	
Calcium 0%	•	Iron 0%	
Vitamin E 0%	•	Vitamin B6 0%	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat		Less than	65g	80g
Sat Fat		Less than	20g	25g
Cholesterol		Less than	300mg	300mg
Sodium		Less than	2,400mg	2,400mg
Total Carbohydrates			300g	375g
Dietary Fiber			25g	30g

Calories per gram
Fat 9 • Carbohydrates 4 • Protein 4

INGREDIENTS: Peach (Ingredients: Peaches), Blueberries IQF (Ingredients: Blueberries), Brown Sugar (Ingredients: Sugar, Cane Molasses), Lemon Juice (Ingredients Lemon Juice from Concentrate (Water, Concentrated Lemon Juice), Sodium Benzoate, Sodium Metabisulfite and Sodium Sulfite (Preservatives), Lemon Oil.).