



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

## Peaches & Cream ♦♦

Peaches & Cream is a classic dessert that combines the sweetness of peaches with the creaminess of whipped cream or ice cream. It is a refreshing and indulgent treat that is perfect for summer.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

500 g	peaches
250 g	whipped cream
50 g	Sugar

### Directions

## Step 1

Wash and peel the peaches.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 2

Cut

Slice the peaches into small pieces.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

---

## Step 3

Mixing

In a bowl, mix the peaches with sugar.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

---

## Step 4

Serving

Serve the peaches with whipped cream.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 100 kcal

**Fat:** 8 g

**Protein:** 2 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sugars	18 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	8 g	28.57%	32%
Cholesterol	20 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	4 mg	0.4%	0.4%
Iron	2 mg	25%	11.11%
Potassium	6 mg	0.18%	0.23%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Thanksgiving New Year Game Day

### Cuisines

Italian Chinese Indian Mexican

### Course

Drinks Breads Salads Soups Snacks

### Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest

Passover

### Meal Type

Lunch

Snack

Supper

## Difficulty Level

Easy

Visit our website: [healthdor.com](https://healthdor.com)