



Bourbon-Blazed Peaches Over Frozen Custard

READY IN



45 min.

SERVINGS



8

CALORIES



310 kcal

DESSERT

Ingredients

- 0.5 cup bourbon
- 3 tablespoons butter
- 8 servings custard sauce frozen
- 1 tablespoon juice of lemon
- 2 tablespoons orange marmalade
- 1 teaspoon orange rind grated
- 6 peaches firm ripe peeled sliced
- 1 tablespoon sugar

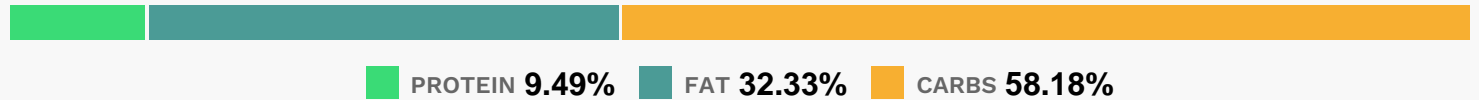
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Melt butter in a large skillet over medium heat; stir in orange rind.
- Add peaches, orange marmalade, sugar, and lemon juice, stirring well. Cook over medium heat, stirring frequently, until peaches are tender.
- Place bourbon in a small saucepan; cook until thoroughly heated. (Do not boil.)
- Pour over peach mixture, and ignite with a long match; stir until flames die down.
- Serve immediately over Frozen Vanilla Custard in individual bowls.

Nutrition Facts



Properties

Glycemic Index:20.24, Glycemic Load:14.02, Inflammation Score:-6, Nutrition Score:9.6308696166329%

Flavonoids

Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg, Cyanidin: 2.16mg Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg, Catechin: 5.53mg Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg, Epigallocatechin: 1.17mg Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg, Epicatechin: 2.63mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 310.4kcal (15.52%), Fat: 10.18g (15.66%), Saturated Fat: 3.76g (23.53%), Carbohydrates: 41.23g (13.74%), Net Carbohydrates: 39.47g (14.35%), Sugar: 20.78g (23.09%), Cholesterol: 71.91mg (23.97%), Sodium: 185.56mg

(8.07%), Alcohol: 5.01g (100%), Alcohol %: 2.25% (100%), Protein: 6.72g (13.44%), Phosphorus: 210.26mg (21.03%), Vitamin B2: 0.35mg (20.57%), Calcium: 204.49mg (20.45%), Vitamin A: 815.42IU (16.31%), Selenium: 10.87µg (15.52%), Potassium: 435.97mg (12.46%), Vitamin B12: 0.74µg (12.31%), Vitamin B5: 1.17mg (11.67%), Vitamin D: 1.69µg (11.28%), Magnesium: 31.99mg (8%), Vitamin B1: 0.12mg (7.7%), Vitamin C: 6.07mg (7.36%), Vitamin E: 1.08mg (7.17%), Fiber: 1.75g (7.02%), Copper: 0.14mg (6.92%), Zinc: 0.99mg (6.58%), Vitamin B6: 0.12mg (6.06%), Vitamin B3: 1.1mg (5.51%), Folate: 20.39µg (5.1%), Iron: 0.88mg (4.89%), Manganese: 0.08mg (4.12%), Vitamin K: 3.66µg (3.48%)