



## Bourbon Peach Brown Sugar Ice Cream

 Vegetarian

READY IN



60 min.

SERVINGS



2

CALORIES



1468 kcal

DESSERT

### Ingredients

- 2 tablespoons bourbon
- 0.3 cup plus light (clear)
- 0.8 cup t brown sugar dark packed
- 2 cups cup heavy whipping cream
- 0.8 teaspoon kosher salt to taste (more or less )
- 2 pounds peaches whole pitted chopped

### Equipment

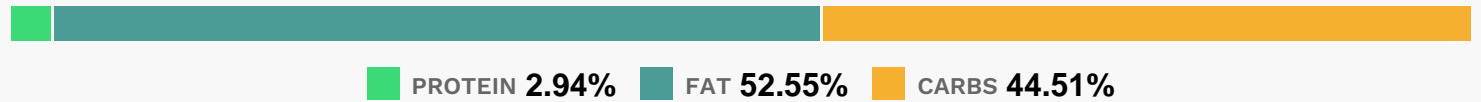
- food processor

- sauce pan
- sieve
- blender
- ice cream machine

## Directions

- In a blender or food processor combine peaches, cream, brown sugar, and corn syrup. Blend on high until all ingredients are very well combined, about 30 seconds.
- Pour through a strainer into a heavy saucepan. Turn heat on medium high and bring base to a simmer, stirring frequently.
- Let simmer for 2 minutes, or until base becomes slightly syrupy, then remove from heat and transfer to an airtight container. Stir in salt to taste, 1/4 teaspoon at a time, then add bourbon. Cover and chill overnight.
- The next day, churn in ice cream maker according to manufacturer's instructions.
- Transfer to container and chill in freezer for 3 to 4 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:37.13, Glycemic Load:21.92, Inflammation Score:-10, Nutrition Score:22.601739116337%

## Flavonoids

Cyanidin: 8.71mg, Cyanidin: 8.71mg, Cyanidin: 8.71mg, Cyanidin: 8.71mg Catechin: 22.32mg, Catechin: 22.32mg, Catechin: 22.32mg, Catechin: 22.32mg Epigallocatechin: 4.72mg, Epigallocatechin: 4.72mg, Epigallocatechin: 4.72mg, Epigallocatechin: 4.72mg Epicatechin: 10.61mg, Epicatechin: 10.61mg, Epicatechin: 10.61mg, Epicatechin: 10.61mg Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg, Quercetin: 2.99mg

## Nutrients (% of daily need)

Calories: 1468.49kcal (73.42%), Fat: 87.23g (134.2%), Saturated Fat: 54.83g (342.66%), Carbohydrates: 166.24g (55.41%), Net Carbohydrates: 159.44g (57.98%), Sugar: 157.77g (175.3%), Cholesterol: 268.94mg (89.65%), Sodium: 1044.96mg (45.43%), Alcohol: 5.01g (100%), Alcohol %: 0.76% (100%), Protein: 10.99g (21.97%), Vitamin A:

4977.31IU (99.55%), Vitamin E: 5.5mg (36.67%), Vitamin B2: 0.59mg (34.63%), Fiber: 6.8g (27.22%), Selenium: 17.96µg (25.65%), Potassium: 890.11mg (25.43%), Vitamin D: 3.81µg (25.39%), Calcium: 249.78mg (24.98%), Vitamin C: 20.03mg (24.27%), Phosphorus: 241.73mg (24.17%), Copper: 0.42mg (21.13%), Vitamin K: 21.22µg (20.21%), Vitamin B3: 3.9mg (19.5%), Manganese: 0.34mg (16.84%), Magnesium: 60.82mg (15.21%), Vitamin B5: 1.41mg (14.1%), Iron: 2.38mg (13.22%), Zinc: 1.84mg (12.23%), Vitamin B1: 0.18mg (12.17%), Vitamin B6: 0.23mg (11.53%), Folate: 37.56µg (9.39%), Vitamin B12: 0.38µg (6.35%)