



Brandied Peach Parfaits

 **Gluten Free**  **Dairy Free**

READY IN



300 min.

SERVINGS



4

CALORIES



416 kcal

DESSERT

Ingredients

- 3 tablespoons brandy
- 1 tablespoon juice of lemon fresh
- 1 lb peaches
- 0.5 cup sugar
- 1 pt whipped cream softened

Equipment

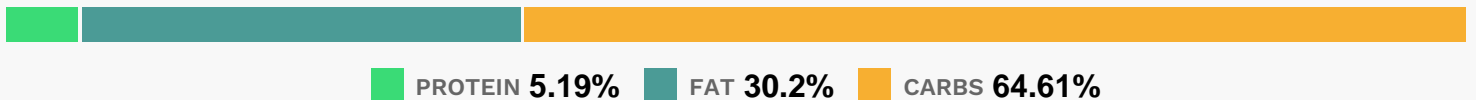
- bowl
- frying pan

- sauce pan
- knife
- slotted spoon

Directions

- Cut a shallow X in bottom of each peach with a sharp paring knife and blanch in a 3-quart saucepan of boiling water 10 seconds.
- Transfer peaches with a slotted spoon to a bowl of ice and cold water and let stand until cool enough to handle. Peel peaches, then halve lengthwise and pit.
- Cut peaches into 1-inch pieces, then toss with lemon juice and 2 tablespoons brandy in a bowl.
- Cook sugar in a dry 9- to 10-inch heavy skillet over moderately low heat, stirring slowly with a fork (to help sugar melt evenly), until melted and pale golden. Cook caramel, without stirring, swirling skillet, until deep golden. Carefully add peach mixture (caramel will harden and steam vigorously) and cook, stirring frequently, until caramel is dissolved and peaches are tender, about 5 minutes.
- Transfer to a bowl and cool to room temperature, stirring occasionally, then stir in remaining tablespoon brandy.
- Spoon 2 tablespoons peach mixture into each glass, then top with a small scoop of ice cream. Repeat with another layer of peaches and ice cream and spoon remaining peaches on top.
- Serve immediately.
- Brandied peaches keep, covered and chilled, 1 week.

Nutrition Facts



Properties

Glycemic Index:46.59, Glycemic Load:37.9, Inflammation Score:-6, Nutrition Score:7.7056522317555%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg

Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 415.56kcal (20.78%), Fat: 13.41g (20.63%), Saturated Fat: 8.06g (50.35%), Carbohydrates: 64.53g (21.51%), Net Carbohydrates: 61.99g (22.54%), Sugar: 59.64g (66.26%), Cholesterol: 52.05mg (17.35%), Sodium: 109.78mg (4.77%), Alcohol: 3.76g (100%), Alcohol %: 1.75% (100%), Protein: 5.19g (10.37%), Vitamin B2: 0.32mg (19.11%), Vitamin A: 867.92IU (17.36%), Calcium: 156.43mg (15.64%), Phosphorus: 149.91mg (14.99%), Potassium: 378.34mg (10.81%), Fiber: 2.54g (10.16%), Vitamin B5: 0.87mg (8.66%), Vitamin C: 6.81mg (8.25%), Vitamin E: 1.19mg (7.92%), Vitamin B12: 0.46µg (7.69%), Zinc: 1.09mg (7.24%), Selenium: 4.66µg (6.66%), Magnesium: 25.86mg (6.46%), Copper: 0.12mg (6.02%), Vitamin B3: 1.06mg (5.28%), Vitamin B1: 0.08mg (5.15%), Vitamin B6: 0.09mg (4.35%), Manganese: 0.08mg (4.11%), Vitamin K: 3.76µg (3.58%), Folate: 13.47µg (3.37%), Iron: 0.51mg (2.84%), Vitamin D: 0.24µg (1.58%)