



Easy Dreamy Peachy Ice Cream

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



349 kcal

Ingredients

- 2 cups half-and-half
- 1 cup heavy whipping cream
- 1 cup peaches very ripe peeled mashed
- 14 oz condensed milk sweetened canned
- 1 teaspoon vanilla

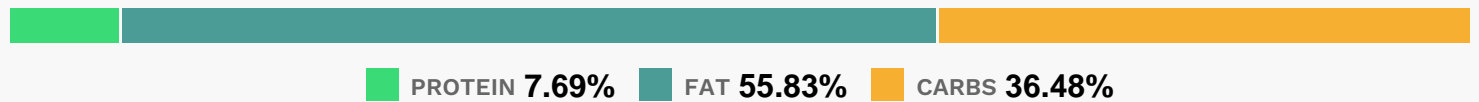
Equipment

- bowl
- ice cream machine

Directions

- In a large bowl, stir together half-and-half, sweetened condensed milk, cream, and vanilla.
- Freeze half-and-half mixture in an ice cream maker according to manufacturer's instructions. When mixture is starting to look frozen, add peaches. Continue churning until it has a soft-serve consistency.
- Transfer to a 1-quart freezable container and freeze until set, about 2 hours.

Nutrition Facts



Properties

Glycemic Index:12.66, Glycemic Load:17.13, Inflammation Score:-5, Nutrition Score:7.0534782850224%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 349.18kcal (17.46%), Fat: 22.07g (33.95%), Saturated Fat: 13.82g (86.39%), Carbohydrates: 32.44g (10.81%), Net Carbohydrates: 32.15g (11.69%), Sugar: 32.03g (35.59%), Cholesterol: 71.66mg (23.89%), Sodium: 110.49mg (4.8%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 6.84g (13.68%), Vitamin B2: 0.39mg (22.71%), Calcium: 226.09mg (22.61%), Phosphorus: 204.51mg (20.45%), Vitamin A: 846.71IU (16.93%), Selenium: 10.58µg (15.11%), Potassium: 316.41mg (9.04%), Vitamin B5: 0.65mg (6.52%), Vitamin B12: 0.38µg (6.35%), Magnesium: 22.63mg (5.66%), Zinc: 0.82mg (5.46%), Vitamin B1: 0.07mg (4.9%), Vitamin E: 0.64mg (4.3%), Vitamin D: 0.58µg (3.83%), Vitamin B6: 0.07mg (3.55%), Vitamin C: 2.8mg (3.4%), Vitamin K: 2.61µg (2.49%), Folate: 9.62µg (2.4%), Vitamin B3: 0.35mg (1.73%), Copper: 0.03mg (1.58%), Iron: 0.22mg (1.22%), Fiber: 0.29g (1.15%)