



Fired-Up Peaches and Cream

 Gluten Free

READY IN



15 min.

SERVINGS



6

CALORIES



540 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 tablespoons brown sugar
- 4 tablespoons butter cut into small pieces
- 1 pinch ground cinnamon
- 4 medium peaches ripe sliced
- 2 pints whipped cream
- 1 canister whipped cream
- 4 shots irish whiskey

Equipment

frying pan

stove

Directions

Heat a large skillet over medium heat.

Add butter, melt and add peaches then season them with cinnamon. Turn up heat to medium-high and cook peaches 3 minutes then add sugar and melt into the butter and peaches. Pull pan off stove, add whiskey, return pan to stove and tip skillet to set pan aflame, or set aflame with a kitchen match. When the flame dies out, scoop some ice cream into dishes, top with peaches and whipped cream and serve.

Nutrition Facts



PROTEIN 5.51% **FAT 47.88%** **CARBS 46.61%**

Properties

Glycemic Index:37.71, Glycemic Load:25.51, Inflammation Score:-7, Nutrition Score:9.2756521598152%

Flavonoids

Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg, Cyanidin: 1.92mg Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg, Catechin: 4.92mg Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg, Epigallocatechin: 1.04mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg, Epigallocatechin 3-gallate: 0.3mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 540.26kcal (27.01%), Fat: 25.23g (38.81%), Saturated Fat: 15.55g (97.18%), Carbohydrates: 55.25g (18.42%), Net Carbohydrates: 52.63g (19.14%), Sugar: 49.64g (55.15%), Cholesterol: 89.59mg (29.86%), Sodium: 201.45mg (8.76%), Alcohol: 10.65g (100%), Alcohol %: 4.43% (100%), Protein: 6.53g (13.05%), Vitamin A: 1224.5IU (24.49%), Vitamin B2: 0.41mg (24.3%), Calcium: 215.27mg (21.53%), Phosphorus: 191.23mg (19.12%), Potassium: 449.44mg (12.84%), Vitamin B5: 1.09mg (10.91%), Vitamin B12: 0.63µg (10.52%), Fiber: 2.62g (10.49%), Vitamin E: 1.42mg (9.48%), Zinc: 1.34mg (8.91%), Magnesium: 31.03mg (7.76%), Selenium: 5.13µg (7.33%), Vitamin C: 5.05mg (6.12%), Copper: 0.12mg (6.12%), Vitamin B1: 0.09mg (6.1%), Vitamin B6: 0.1mg (5.22%), Vitamin B3: 1.02mg (5.09%), Manganese: 0.09mg (4.35%), Vitamin K: 4.14µg (3.94%), Folate: 14.25µg (3.56%), Iron: 0.55mg (3.05%), Vitamin D: 0.32µg (2.11%)