



Fresh Peach Ice Cream



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



20

CALORIES



205 kcal

DESSERT

Ingredients

- ☐ 8 large egg yolk
- ☐ 1.8 cups half and half
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 1 tablespoon peach preserves
- ☐ 3 cups peaches peeled sliced
- ☐ 1 pinch salt
- ☐ 1.3 cups sugar divided
- ☐ 6 tablespoons butter unsalted

- ☐ 1 vanilla pod split
- ☐ 1 large eggs whole

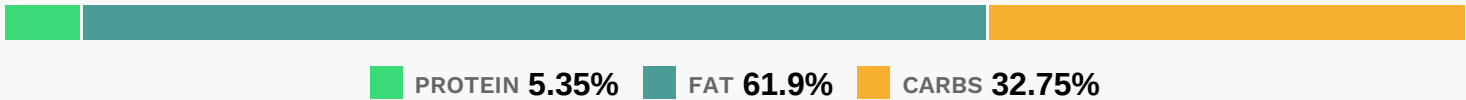
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ blender

Directions

- ☐ Combine 3/4 cup sugar, egg yolks, and whole egg in a medium bowl. Scrape seeds from vanilla bean, and add seeds, pod, and half-and-half to saucepan. Warm over medium-high heat 8 minutes or until mixture begins to steam. Do not boil. Slowly whisk into egg mixture. Return to saucepan, and cook over medium heat, stirring constantly, 10 minutes or until mixture coats back of a spoon.
- ☐ Whisk in butter and cream.
- ☐ Let cool, and chill 8 hours.
- ☐ Toss peaches with remaining 1/2 cup sugar and salt; let stand at least 30 minutes in a glass or stainless bowl.
- ☐ Puree peaches and peach preserves in a blender until well combined but not completely smooth.
- ☐ Combine peach and custard mixtures, and freeze in an ice-cream maker according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:8.27, Glycemic Load:9.9, Inflammation Score:-3, Nutrition Score:3.6282608871875%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg, Quercetin: 0.15mg

Nutrients (% of daily need)

Calories: 205.21kcal (10.26%), Fat: 14.47g (22.26%), Saturated Fat: 8.48g (53.02%), Carbohydrates: 17.22g (5.74%), Net Carbohydrates: 16.86g (6.13%), Sugar: 16.34g (18.16%), Cholesterol: 119.35mg (39.78%), Sodium: 30.4mg (1.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.82g (5.63%), Vitamin A: 629.17IU (12.58%), Selenium: 6.41µg (9.16%), Vitamin B2: 0.13mg (7.86%), Phosphorus: 68.22mg (6.82%), Vitamin D: 0.77µg (5.11%), Calcium: 46.87mg (4.69%), Vitamin E: 0.69mg (4.57%), Vitamin B5: 0.39mg (3.89%), Vitamin B12: 0.23µg (3.85%), Folate: 14.07µg (3.52%), Vitamin B6: 0.05mg (2.55%), Zinc: 0.37mg (2.49%), Potassium: 85.98mg (2.46%), Iron: 0.35mg (1.94%), Vitamin B1: 0.03mg (1.92%), Vitamin K: 1.89µg (1.8%), Vitamin C: 1.33mg (1.62%), Copper: 0.03mg (1.57%), Magnesium: 5.98mg (1.49%), Fiber: 0.36g (1.43%), Vitamin B3: 0.23mg (1.13%)