



Homemade Peach Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



111 kcal

DESSERT

Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.5 cup egg substitute
- ☐ 2 cups evaporated milk fat-free
- ☐ 1 cup milk fat-free
- ☐ 0.7 cup calorie-free sweetener
- ☐ 1 cup peaches fresh chopped (2 medium peaches)

Equipment

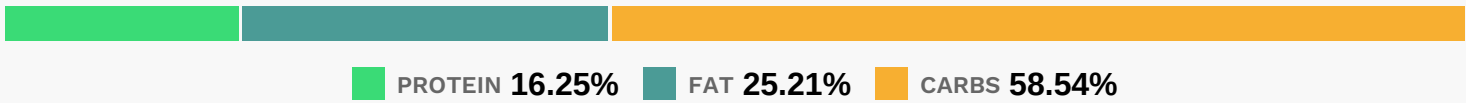
- ☐ bowl

☐ blender

Directions

- ☐ Combine first 5 ingredients in a large bowl; beat with a mixer at medium speed until blended. Stir in peaches.
- ☐ Pour mixture into freezer container of a 2-quart hand-turned or electric freezer. Freeze according to manufacturer's instructions. Pack freezer with additional ice and rock salt, and let stand at least 1 hour before serving.
- ☐ Tip: If you don't have almond extract, use 1/2 teaspoon vanilla extract.

Nutrition Facts



Properties

Glycemic Index:10.29, Glycemic Load:5.84, Inflammation Score:-2, Nutrition Score:4.0004347692365%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg, Catechin: 0.63mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 111.4kcal (5.57%), Fat: 3.23g (4.96%), Saturated Fat: 1.94g (12.13%), Carbohydrates: 16.86g (5.62%), Net Carbohydrates: 16.66g (6.06%), Sugar: 15.46g (17.17%), Cholesterol: 12.79mg (4.26%), Sodium: 74.47mg (3.24%), Alcohol: 0.03g (100%), Alcohol %: 0.04% (100%), Protein: 4.68g (9.35%), Calcium: 144.39mg (14.44%), Vitamin B2: 0.2mg (11.89%), Phosphorus: 117.13mg (11.71%), Selenium: 5.77µg (8.25%), Potassium: 198.88mg (5.68%), Vitamin B5: 0.53mg (5.27%), Vitamin A: 206.37IU (4.13%), Magnesium: 15.07mg (3.77%), Vitamin B12: 0.22µg (3.66%), Zinc: 0.54mg (3.62%), Vitamin B1: 0.05mg (3.08%), Vitamin D: 0.43µg (2.84%), Vitamin B6: 0.05mg (2.47%), Vitamin E: 0.32mg (2.13%), Iron: 0.32mg (1.79%), Vitamin C: 1.37mg (1.67%), Folate: 6.14µg (1.53%), Vitamin B3: 0.22mg (1.12%)