



## Imperial Peach Sundaes

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



568 kcal

DESSERT

### Ingredients

- ☐ 1 cup amaretto
- ☐ 1 cup peaches dried pitted chopped
- ☐ 1.5 tablespoons ginger fresh minced
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.3 cup sugar
- ☐ 2 pints whipped cream
- ☐ 0.5 cup water
- ☐ 2 star anise whole

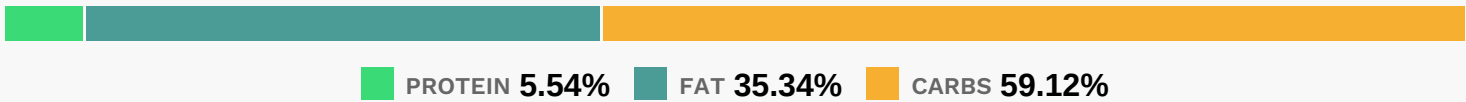
# Equipment

☐ sauce pan

# Directions

- ☐ Combine first 6 ingredients in heavy medium saucepan. Bring to boil over high heat, stirring until sugar dissolves. Reduce heat to low, cover partially, and simmer gently until peaches are tender, about 15 minutes. Cool completely in saucepan. Discard star anise. (Sauce can be made 1 day ahead. Cover and refrigerate. Bring to room temperature before using.)
- ☐ Scoop ice cream into dessert goblets. Spoon peach sauce over; sprinkle with pine nuts and serve immediately.
- ☐ \*Brown star-shaped seedpods available at Asian markets and specialty foods stores and in the spice section of some supermarkets.

# Nutrition Facts



# Properties

Glycemic Index:25.18, Glycemic Load:27.9, Inflammation Score:-7, Nutrition Score:10.865652125815%

# Nutrients (% of daily need)

Calories: 568.41kcal (28.42%), Fat: 20.04g (30.84%), Saturated Fat: 10.94g (68.39%), Carbohydrates: 75.45g (25.15%), Net Carbohydrates: 71.95g (26.16%), Sugar: 65.69g (72.99%), Cholesterol: 69.4mg (23.13%), Sodium: 132.61mg (5.77%), Alcohol: 10.23g (100%), Alcohol %: 5.04% (100%), Caffeine: 10.23mg (3.41%), Protein: 7.07g (14.14%), Vitamin B2: 0.45mg (26.5%), Vitamin A: 1242.83IU (24.86%), Phosphorus: 220.93mg (22.09%), Calcium: 213.39mg (21.34%), Manganese: 0.41mg (20.3%), Potassium: 623.41mg (17.81%), Fiber: 3.5g (13.99%), Magnesium: 44.34mg (11.09%), Vitamin B5: 1.08mg (10.83%), Vitamin B12: 0.62µg (10.25%), Copper: 0.2mg (10.19%), Zinc: 1.49mg (9.96%), Iron: 1.57mg (8.72%), Vitamin B3: 1.58mg (7.89%), Vitamin K: 6.46µg (6.15%), Vitamin E: 0.84mg (5.6%), Vitamin B1: 0.08mg (5.37%), Vitamin B6: 0.1mg (5.08%), Selenium: 3.19µg (4.56%), Vitamin C: 2.41mg (2.92%), Folate: 9.25µg (2.31%), Vitamin D: 0.32µg (2.1%)