



WHATSheATE



Mint Nectarines With Pineapple-Coconut Ice Cream

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



503 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup firmly brown sugar packed
- ☐ 2 tablespoons butter
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 3 pints pineapple-coconut ice cream
- ☐ 1 tablespoon juice of lemon fresh (1 small lemon)
- ☐ 1 sprigs garnishes: mint coconut fresh flaked toasted
- ☐ 12 nectarines ripe

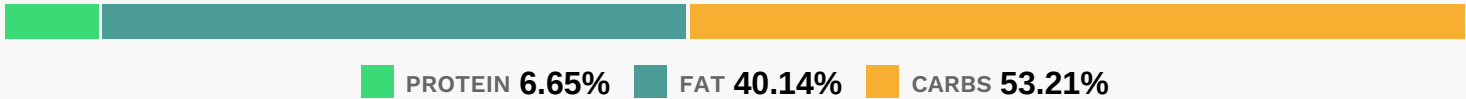
Equipment

☐ frying pan

Directions

- ☐ Peel nectarines, and cut each into 8 wedges, discarding pits.
- ☐ Melt butter in a large nonstick skillet over medium-high heat.
- ☐ Add nectarines; sprinkle brown sugar and lemon juice over nectarines, and gently fold until blended. Cook, stirring occasionally, 2 to 4 minutes or until nectarines start to release their juice.
- ☐ Remove from heat; stir in mint.
- ☐ Divide and scoop ice cream into 8 individual serving dishes. Top evenly with warm nectarine sections, and serve immediately.
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used Hagen-Dazs Pineapple Coconut Ice Cream.
- ☐ Mint Peaches With Pineapple-Coconut Ice Cream: Substitute 2 (16-ounce) packages frozen sliced peaches, thawed, for nectarines. Proceed with recipe as directed. Prep: 5 min., Cook: 5 min.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:31.82, Inflammation Score:-8, Nutrition Score:12.59478247684%

Flavonoids

Cyanidin: 4.54mg, Cyanidin: 4.54mg, Cyanidin: 4.54mg, Cyanidin: 4.54mg Catechin: 6.35mg, Catechin: 6.35mg, Catechin: 6.35mg, Catechin: 6.35mg Epicatechin: 5.41mg, Epicatechin: 5.41mg, Epicatechin: 5.41mg, Epicatechin: 5.41mg Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg, Eriodictyol: 0.52mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg, Quercetin: 1.48mg

Nutrients (% of daily need)

Calories: 502.97kcal (25.15%), Fat: 22.97g (35.34%), Saturated Fat: 13.85g (86.57%), Carbohydrates: 68.51g (22.84%), Net Carbohydrates: 63.96g (23.26%), Sugar: 61.14g (67.93%), Cholesterol: 85.6mg (28.53%), Sodium: 194.52mg (8.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.56g (17.13%), Vitamin A: 1600.17IU (32%), Vitamin B2: 0.49mg (28.74%), Phosphorus: 243.96mg (24.4%), Calcium: 241.38mg (24.14%), Potassium: 651.88mg (18.63%), Fiber: 4.55g (18.21%), Vitamin B5: 1.45mg (14.45%), Vitamin B3: 2.63mg (13.13%), Vitamin E: 1.92mg (12.77%), Vitamin B12: 0.7µg (11.63%), Magnesium: 45.91mg (11.48%), Zinc: 1.69mg (11.29%), Copper: 0.22mg (11.18%), Vitamin C: 8.4mg (10.19%), Vitamin B1: 0.15mg (9.79%), Manganese: 0.15mg (7.5%), Vitamin B6: 0.14mg (7.2%), Folate: 23.77µg (5.94%), Iron: 0.92mg (5.11%), Vitamin K: 5.04µg (4.8%), Selenium: 3.31µg (4.73%), Vitamin D: 0.35µg (2.37%)