



Nectarine Creamsicles with Rose Water

 Vegetarian  Gluten Free

READY IN



90 min.

SERVINGS



1

CALORIES



925 kcal

SIDE DISH

Ingredients

- 2 teaspoons juice of lemon
- 1.5 pounds soft-ripe nectarines yellow peeled
- 2 teaspoons rosewater
- 0.5 cup sugar
- 0.3 teaspoon vanilla extract
- 0.3 cup whipping cream

Equipment

- food processor

- bowl
- frying pan
- sauce pan
- blender
- popsicle molds
- slotted spoon
- popsicle sticks

Directions

- Pit fruit, cut into chunks, and put in a large saucepan with 1/2 cup sugar and the lemon juice. Cover, bring to a boil, then reduce heat and simmer until pulp mashes easily with a spoon, 5 to 8 minutes.
- Transfer fruit with a slotted spoon to a food processor. Whirl until only tiny pieces of skin remain. Return to liquid in pan, stir in rose water, and chill in a bowl of ice water until very cold, stirring occasionally.
- Pour mixture into a 9- by 13-in. pan, cover, and freeze until it's firm but still shows a fingerprint when pressed, about 2 1/2 hours.
- Beat cream, remaining 2 tsp. sugar, and the vanilla with a mixer in a medium bowl until thick. Stir frozen mixture to soften slightly, then fold in cream with a few strokes to leave big white streaks. Spoon mixture into 8 or 9 popsicle molds (1/3-cup size) and push a popsicle stick into each.
- Freeze creamsicles, covered, until firm, at least 6 1/2 hours. To remove, dip molds in a bowl of warm water about 10 seconds, then gently squeeze pops to loosen.
- *Find rose water with baking supplies at well-stocked supermarkets.
- Make ahead: Up to 2 weeks.

Nutrition Facts



PROTEIN 3.89% **FAT 28.47%** **CARBS 67.64%**

Properties

Glycemic Index:113.09, Glycemic Load:92.28, Inflammation Score:-9, Nutrition Score:19.931304268215%

Flavonoids

Cyanidin: 14.49mg, Cyanidin: 14.49mg, Cyanidin: 14.49mg, Cyanidin: 14.49mg Catechin: 20.28mg, Catechin: 20.28mg, Catechin: 20.28mg, Catechin: 20.28mg Epicatechin: 17.28mg, Epicatechin: 17.28mg, Epicatechin: 17.28mg, Epicatechin: 17.28mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg, Quercetin: 4.73mg

Nutrients (% of daily need)

Calories: 925.16kcal (46.26%), Fat: 30.89g (47.52%), Saturated Fat: 18.25g (114.07%), Carbohydrates: 165.13g (55.04%), Net Carbohydrates: 154.89g (56.32%), Sugar: 156.18g (173.53%), Cholesterol: 89.65mg (29.88%), Sodium: 111.06mg (4.83%), Alcohol: 0.34g (100%), Alcohol %: 0.05% (100%), Protein: 9.5g (19%), Vitamin A: 3425.69IU (68.51%), Fiber: 10.24g (40.94%), Vitamin B3: 7.68mg (38.42%), Vitamin E: 4.9mg (32.63%), Vitamin C: 24.08mg (29.18%), Copper: 0.58mg (28.8%), Potassium: 980.46mg (28.01%), Phosphorus: 223.77mg (22.38%), Vitamin B2: 0.35mg (20.84%), Manganese: 0.38mg (18.79%), Magnesium: 67.51mg (16.88%), Vitamin B1: 0.25mg (16.65%), Vitamin K: 16.15µg (15.38%), Vitamin B5: 1.47mg (14.74%), Iron: 2.18mg (12.11%), Folate: 46µg (11.5%), Zinc: 1.64mg (10.9%), Vitamin B6: 0.2mg (10.14%), Vitamin D: 1.27µg (8.46%), Calcium: 67.68mg (6.77%), Selenium: 2.99µg (4.27%), Vitamin B12: 0.13µg (2.12%)