



Neelys Homemade Peach Ice Cream

 Vegetarian  Gluten Free

READY IN



215 min.

SERVINGS



4

CALORIES



1912 kcal

DESSERT

Ingredients

- ☐ 1 stick butter melted
- ☐ 1 cup plus light
- ☐ 1 pint heavy cream
- ☐ 2 teaspoons juice of lemon
- ☐ 1 cup brown sugar light
- ☐ 12 ounce peach nectar canned
- ☐ 5 large peaches pitted ripe peeled chopped
- ☐ 2.5 cups pecans chopped

- ☐ 0.3 teaspoon salt
- ☐ 4 ounces cup heavy whipping cream sour
- ☐ 1 cup sugar
- ☐ 0.3 teaspoon vanilla extract
- ☐ 1 teaspoon vanilla extract
- ☐ 0.3 cup water

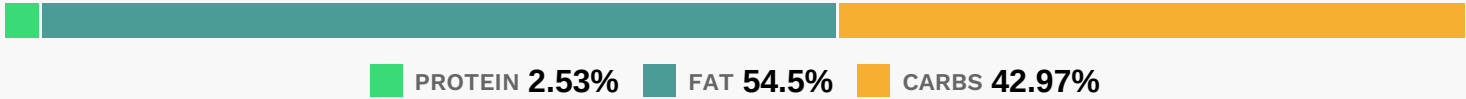
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ blender

Directions

- ☐ Watch how to make this recipe.
- ☐ Place chopped peaches into a saucepan.
- ☐ Add water and a can of peach nectar. Cook over medium heat until soft and cooked through, about 10 minutes.
- ☐ Remove from heat and drain peach juice.
- ☐ Place peaches into a large bowl; add sugar and allow to cool to room temperature.
- ☐ Add sour cream, heavy cream, vanilla extract and lemon juice to the bowl with the peach mixture. Using an emersion blender mix together to incorporate. (If you do not have an emersion blender, a food processor works just as well.)
- ☐ Remove ice cream insert from the freezer and turn the machine on.
- ☐ Pour the peach mixture into the insert and follow manufacturer's instructions for churning. Freeze ice cream in a covered container until ready to serve.
- ☐ Serve warm Praline Pecan Sauce over ice cream.
- ☐ In a large saucepan over medium heat, combine all ingredients and bring to a boil. Reduce heat, and simmer for 10 minutes, stirring frequently until smooth and syrupy.
- ☐ Serve warm. Store leftover sauce, covered, in the refrigerator.

Nutrition Facts



Properties

Glycemic Index:47.34, Glycemic Load:55.22, Inflammation Score:-10, Nutrition Score:27.916521777277%

Flavonoids

Cyanidin: 11.52mg, Cyanidin: 11.52mg, Cyanidin: 11.52mg, Cyanidin: 11.52mg Delphinidin: 4.96mg, Delphinidin: 4.96mg, Delphinidin: 4.96mg, Delphinidin: 4.96mg Catechin: 15.69mg, Catechin: 15.69mg, Catechin: 15.69mg, Catechin: 15.69mg Epigallocatechin: 6.11mg, Epigallocatechin: 6.11mg, Epigallocatechin: 6.11mg, Epigallocatechin: 6.11mg Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg Epigallocatechin 3-gallate: 2.22mg, Epigallocatechin 3-gallate: 2.22mg, Epigallocatechin 3-gallate: 2.22mg, Epigallocatechin 3-gallate: 2.22mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 1912.08kcal (95.6%), Fat: 121.58g (187.04%), Saturated Fat: 48.88g (305.47%), Carbohydrates: 215.68g (71.89%), Net Carbohydrates: 205.76g (74.82%), Sugar: 204.73g (227.48%), Cholesterol: 211.14mg (70.38%), Sodium: 475.14mg (20.66%), Alcohol: 0.43g (100%), Alcohol %: 0.07% (100%), Protein: 12.69g (25.38%), Manganese: 3.26mg (163.01%), Vitamin A: 3592.36IU (71.85%), Copper: 1.05mg (52.73%), Vitamin B1: 0.63mg (42.33%), Fiber: 9.91g (39.66%), Phosphorus: 338.79mg (33.88%), Vitamin E: 4.65mg (31.02%), Magnesium: 121.27mg (30.32%), Zinc: 4.4mg (29.34%), Vitamin B2: 0.46mg (27.05%), Calcium: 233.08mg (23.31%), Potassium: 805.76mg (23.02%), Selenium: 13.79µg (19.7%), Iron: 3.09mg (17.17%), Vitamin K: 16.16µg (15.39%), Vitamin B6: 0.31mg (15.36%), Vitamin B5: 1.48mg (14.85%), Vitamin C: 11.65mg (14.12%), Vitamin B3: 2.82mg (14.09%), Vitamin D: 1.89µg (12.62%), Folate: 37.29µg (9.32%), Vitamin B12: 0.3µg (4.95%)