



## No-Cook Peach Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



3

CALORIES



676 kcal

DESSERT

### Ingredients

- 5 ounce evaporated milk canned
- 0.3 cup juice of lemon fresh
- 0.8 cup peach nectar
- 15.3 ounce peaches light fresh ripe peeled drained sliced canned
- 0.3 teaspoon salt
- 2 tablespoons sugar
- 14 ounce condensed milk sweetened canned
- 1.3 cups milk whole

## Equipment

- food processor
- bowl
- whisk
- blender
- ice cream machine

## Directions

- Whisk first 3 ingredients in a 2-quart pitcher or large bowl until blended. Cover and chill 30 minutes.
- Process peaches with sugar, lemon juice, and salt in a blender or food processor until smooth. Stir into milk mixture with peach nectar.
- Pour milk mixture into freezer container of a 1-quart electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times will vary.)
- Remove container with ice cream from ice-cream maker, and place in freezer 15 minutes.
- Transfer to an airtight container; freeze until firm, about 1 to 1 1/2 hours.
- Note: For testing purposes only, we used a Rival 4-quart Durable Plastic Bucket Ice Cream Maker and a Cuisinart Automatic Frozen Yogurt-Ice Cream & Sorbet Maker.

## Nutrition Facts



**PROTEIN 10.6%** **FAT 24.74%** **CARBS 64.66%**

## Properties

Glycemic Index:69.78, Glycemic Load:56.28, Inflammation Score:-8, Nutrition Score:19.992608671603%

## Flavonoids

Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg, Cyanidin: 2.77mg Catechin: 7.09mg, Catechin: 7.09mg, Catechin: 7.09mg, Catechin: 7.09mg Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg, Epigallocatechin: 1.5mg Epicatechin: 3.37mg, Epicatechin: 3.37mg, Epicatechin: 3.37mg, Epicatechin: 3.37mg Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg, Epigallocatechin 3-gallate: 0.43mg Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol: 0.99mg, Eriodictyol:

0.99mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

## **Nutrients (% of daily need)**

Calories: 675.76kcal (33.79%), Fat: 19.15g (29.47%), Saturated Fat: 11.38g (71.14%), Carbohydrates: 112.61g (37.54%), Net Carbohydrates: 110.32g (40.12%), Sugar: 109.72g (121.91%), Cholesterol: 70.88mg (23.63%), Sodium: 476.39mg (20.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.46g (36.92%), Calcium: 635.02mg (63.5%), Phosphorus: 568.51mg (56.85%), Vitamin B2: 0.9mg (52.86%), Selenium: 25.82µg (36.88%), Potassium: 1002.12mg (28.63%), Vitamin A: 1262.48IU (25.25%), Vitamin C: 18.11mg (21.96%), Vitamin B12: 1.21µg (20.11%), Vitamin B5: 1.96mg (19.62%), Vitamin B1: 0.28mg (18.33%), Magnesium: 73.18mg (18.3%), Zinc: 2.37mg (15.82%), Vitamin B6: 0.22mg (11.08%), Vitamin E: 1.6mg (10.67%), Vitamin D: 1.43µg (9.53%), Fiber: 2.28g (9.14%), Vitamin B3: 1.71mg (8.56%), Folate: 31.67µg (7.92%), Copper: 0.16mg (7.8%), Vitamin K: 6.45µg (6.15%), Manganese: 0.12mg (5.89%), Iron: 0.9mg (4.98%)