



Peach and Lavender Ice



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



245 min.

SERVINGS



8

CALORIES



200 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup lavender flowers dried
- ☐ 3 tablespoons juice of lemon
- ☐ 2 pounds peaches frozen thawed sliced
- ☐ 3 cups water
- ☐ 1.5 cups sugar white

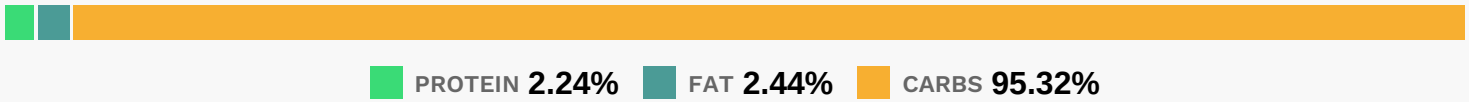
Equipment

- ☐ ice cream machine

Directions

- ☐
- Puree peaches with sugar until smooth. Stir in lavender blossoms, and let stand at room temperature for 2 hours. Stir in lemon juice and water, then place into refrigerator and refrigerate until cold, about 2 hours.
- ☐
- Freeze in a 6-quart ice cream maker according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:13.79, Glycemic Load:30.1, Inflammation Score:-4, Nutrition Score:3.4721738877504%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg, Hesperetin: 0.81mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 199.98kcal (10%), Fat: 0.58g (0.89%), Saturated Fat: 0.02g (0.15%), Carbohydrates: 50.7g (16.9%), Net Carbohydrates: 48.99g (17.81%), Sugar: 47.08g (52.31%), Cholesterol: 0mg (0%), Sodium: 19.61mg (0.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.19g (2.38%), Vitamin C: 8.48mg (10.27%), Vitamin A: 411.27IU (8.23%), Fiber: 1.72g (6.87%), Vitamin E: 0.84mg (5.57%), Copper: 0.11mg (5.31%), Vitamin B3: 0.92mg (4.6%), Potassium: 144.89mg (4.14%), Calcium: 38.16mg (3.82%), Iron: 0.68mg (3.78%), Selenium: 2.61µg (3.73%), Manganese: 0.07mg (3.57%), Vitamin K: 3.4µg (3.24%), Magnesium: 10.3mg (2.57%), Phosphorus: 25.4mg (2.54%), Vitamin B2: 0.04mg (2.54%), Folate: 7.93µg (1.98%), Vitamin B1: 0.03mg (1.9%), Zinc: 0.28mg (1.84%), Vitamin B5: 0.18mg (1.81%), Vitamin B6: 0.03mg (1.55%)