



Peach-and-Toasted Pecan Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



91 kcal

DESSERT

Ingredients

- ☐ 1.5 tablespoons butter
- ☐ 2 tablespoons plus light
- ☐ 2 tablespoons cornstarch
- ☐ 1 egg yolk
- ☐ 1 cup heavy whipping cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 cups milk
- ☐ 1 cup peaches peeled coarsely chopped

- ☐ 1 cup pecans coarsely chopped
- ☐ 0.8 cup sugar
- ☐ 0.1 teaspoon salt
- ☐ 1.5 teaspoons vanilla bean paste

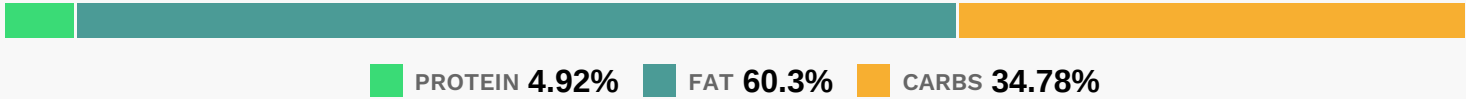
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk together first 3 ingredients in a large heavy saucepan. Gradually whisk in milk and whipping cream. Cook over medium heat, stirring constantly, 10 to 12 minutes or until mixture thickens slightly.
- ☐ Remove from heat.
- ☐ Whisk egg yolk until slightly thickened. Gradually whisk about 1 cup hot cream mixture into yolk.
- ☐ Add yolk mixture to remaining cream mixture, whisking constantly.
- ☐ Whisk in vanilla bean paste. Cool 1 hour, stirring occasionally.
- ☐ Meanwhile, cook peaches and corn syrup in a small saucepan over medium heat, stirring often, 4 to 5 minutes. Coarsely mash, and let cool 30 minutes. Stir peach mixture into cooled cream mixture.
- ☐ Place plastic wrap directly on cream mixture, and chill 8 to 24 hours.
- ☐ Meanwhile, melt butter in a small skillet over medium heat; add pecans, and cook, stirring constantly, 8 to 9 minutes or until toasted and fragrant.
- ☐ Remove from heat, and sprinkle with 1/4 tsp. kosher salt. Cool completely (about 30 minutes).
- ☐ Pour chilled cream mixture into freezer container of a 1 1/2-qt. electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and time may vary.) Before transferring ice cream to an airtight container for further freezing, stir in pecan mixture.
- ☐ *Vanilla extract may be substituted.

Nutrition Facts



Properties

Glycemic Index:7.1, Glycemic Load:3.93, Inflammation Score:-1, Nutrition Score:1.8756521616293%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 91.29kcal (4.56%), Fat: 6.34g (9.75%), Saturated Fat: 2.6g (16.23%), Carbohydrates: 8.23g (2.74%), Net Carbohydrates: 7.82g (2.84%), Sugar: 7.37g (8.19%), Cholesterol: 17.72mg (5.91%), Sodium: 41.11mg (1.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.16g (2.33%), Manganese: 0.16mg (7.89%), Vitamin A: 176.14IU (3.52%), Phosphorus: 32.63mg (3.26%), Calcium: 27.38mg (2.74%), Vitamin B2: 0.05mg (2.65%), Vitamin B1: 0.04mg (2.37%), Copper: 0.05mg (2.33%), Vitamin D: 0.32µg (2.11%), Zinc: 0.27mg (1.77%), Vitamin B12: 0.11µg (1.77%), Magnesium: 6.93mg (1.73%), Fiber: 0.4g (1.61%), Selenium: 1.12µg (1.6%), Potassium: 50.68mg (1.45%), Vitamin B5: 0.13mg (1.3%), Vitamin E: 0.19mg (1.26%), Vitamin B6: 0.02mg (1.11%)