

Peach-Basil Ice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



113 kcal

SIDE DISH

Ingredients

- 10 basil leaves
- 0.3 cup juice of lemon fresh (3 lemons)
- 4 cups peaches fresh whole ()
- 0.7 cup sugar
- 0.7 cup water

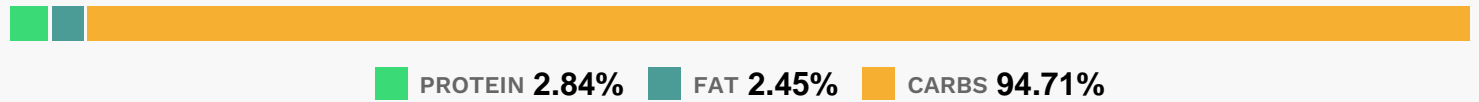
Equipment

- blender
- baking pan

Directions

- Place sugar in a blender; process until very finely ground.
- Add basil; process until finely minced.
- Pour into an 8-inch square glass or ceramic baking dish.
- Combine peach slices, 2/3 cup water, and lemon juice in blender; process until smooth.
- Pour juice mixture over sugar mixture, and stir until sugar dissolves. Cover and freeze until partially frozen (about 1 hour). Scrape with a fork, crushing any lumps. Freeze, scraping with a fork every hour, 4 hours or until completely frozen and fluffy.

Nutrition Facts



Properties

Glycemic Index:25.76, Glycemic Load:16.35, Inflammation Score:-3, Nutrition Score:2.8013043299965%

Flavonoids

Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg, Cyanidin: 1.69mg Catechin: 4.33mg, Catechin: 4.33mg, Catechin: 4.33mg, Catechin: 4.33mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg, Hesperetin: 1.68mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 112.98kcal (5.65%), Fat: 0.33g (0.51%), Saturated Fat: 0.02g (0.14%), Carbohydrates: 28.68g (9.56%), Net Carbohydrates: 27.31g (9.93%), Sugar: 26.69g (29.65%), Cholesterol: 0mg (0%), Sodium: 12.9mg (0.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.86g (1.72%), Vitamin C: 8.21mg (9.95%), Vitamin A: 317.72IU (6.35%), Fiber: 1.36g (5.46%), Vitamin K: 5.01µg (4.77%), Vitamin E: 0.66mg (4.43%), Copper: 0.08mg (3.88%), Vitamin B3: 0.73mg (3.63%), Potassium: 121.39mg (3.47%), Manganese: 0.06mg (3.12%), Selenium: 1.98µg (2.82%), Magnesium: 8.33mg (2.08%), Phosphorus: 20.61mg (2.06%), Folate: 7.99µg (2%), Vitamin B2: 0.03mg (1.95%), Iron: 0.34mg (1.87%), Vitamin B1: 0.02mg (1.61%), Vitamin B5: 0.15mg (1.51%), Zinc: 0.22mg (1.45%), Vitamin B6: 0.03mg (1.41%)