



Peach-Blueberry Ice Cream Pie

READY IN



45 min.

SERVINGS



8

CALORIES



350 kcal

DESSERT

Ingredients

- ☐ 2 cups blueberries fresh divided
- ☐ 0.3 cup crystallized ginger chopped
- ☐ 6 ounces gingersnap cookies
- ☐ 1 tablespoon heavy cream
- ☐ 1 pint peach ice cream softened for 20 minutes
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons butter unsalted melted
- ☐ 2 cups whipped cream (made from 1 cup heavy cream)

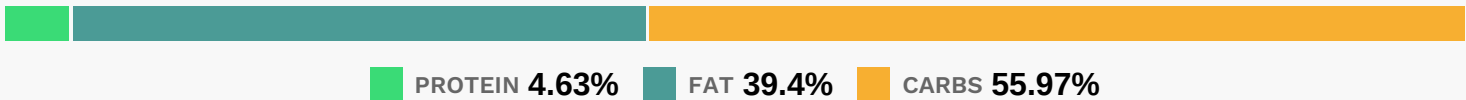
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ pie form

Directions

- ☐ Finely grind cookies in a food processor(you should have about 1 1/3 cups).
- ☐ Transfer crumbs to a medium bowl.
- ☐ Add butter and cream; stir to coat. Press firmly onto bottom and up sides of a 9" pie dish. Chill until firm, at least 30 minutes.
- ☐ Toss 1 3/4 cups blueberries, sugar, and lemon juice in a medium bowl; let macerate at room temperature for at least 1 hour.
- ☐ Transfer blueberry mixture to a large heavy saucepan and cook over medium heat until berries soften and juices are released, 10–15 minutes. Strain berries through a fine-mesh sieve into a medium bowl. Cover and chill juices and berries separately until cold.
- ☐ Mix softened ice cream with chilled cooked blueberries. Scrape ice cream mixture into crust; smooth top. Freeze until firm, at least 6 hours. DO AHEAD: Pie can be made 2 days ahead. Cover and keep frozen.
- ☐ Soften pie in refrigerator for 10 minutes before serving. Top with whipped cream; scatter remaining 1/4 cup fresh blueberries over.
- ☐ Garnish with ginger.
- ☐ Drizzle each slice with reserved blueberry juices.

Nutrition Facts



Properties

Glycemic Index:28.26, Glycemic Load:16.9, Inflammation Score:-5, Nutrition Score:7.1460869208626%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg, Quercetin: 2.87mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 349.81kcal (17.49%), Fat: 15.61g (24.01%), Saturated Fat: 8.85g (55.34%), Carbohydrates: 49.88g (16.63%), Net Carbohydrates: 48.08g (17.48%), Sugar: 33.54g (37.26%), Cholesterol: 47.07mg (15.69%), Sodium: 168.61mg (7.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.12g (8.25%), Manganese: 0.46mg (23.06%), Vitamin B2: 0.24mg (13.92%), Calcium: 112.07mg (11.21%), Phosphorus: 100.08mg (10.01%), Vitamin A: 487.65IU (9.75%), Iron: 1.54mg (8.54%), Vitamin C: 6.91mg (8.37%), Vitamin K: 8.44µg (8.04%), Potassium: 252.45mg (7.21%), Fiber: 1.79g (7.17%), Folate: 25.83µg (6.46%), Vitamin B1: 0.09mg (5.89%), Magnesium: 23.23mg (5.81%), Vitamin B5: 0.53mg (5.35%), Vitamin E: 0.8mg (5.34%), Copper: 0.1mg (5.18%), Vitamin B12: 0.28µg (4.72%), Vitamin B3: 0.93mg (4.66%), Zinc: 0.65mg (4.35%), Vitamin B6: 0.08mg (3.94%), Selenium: 2.54µg (3.64%), Vitamin D: 0.26µg (1.74%)