



Peach-Cinnamon Ice Cream

 Vegetarian  Gluten Free

READY IN



40 min.

SERVINGS



8

CALORIES



333 kcal

DESSERT

Ingredients

- ☐ 3 egg yolk
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup half and half
- ☐ 1 teaspoon juice of lemon
- ☐ 4 cups milk
- ☐ 1 cup peach nectar
- ☐ 3 pounds peaches fresh diced peeled
- ☐ 8 servings peaches fresh sliced

☐ 0.5 cup sugar

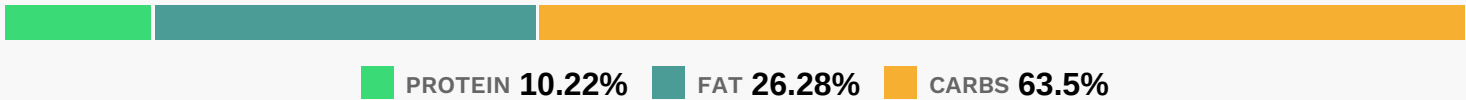
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 3 ingredients in a medium bowl.
- ☐ Process peach mixture, in batches, in a food processor until smooth, stopping to scrape down sides. Set aside.
- ☐ Whisk together yolks and milk in a heavy saucepan over medium heat; cook, stirring constantly, 20 minutes or until mixture thickens and coats a spoon. Do not boil.
- ☐ Remove from heat; whisk in peach mixture, half-and-half, lemon juice, and ground cinnamon. Cover and chill 4 hours.
- ☐ Pour mixture into freezer container of a 6-quart electric ice-cream maker. Freeze according to manufacturer's instructions. (Instructions and times will vary.)
- ☐ Garnish, if desired.
- ☐ Note: For testing purposes only, we used a White Mountain 6-Quart Electric Ice Cream Freezer.

Nutrition Facts



Properties

Glycemic Index:24.2, Glycemic Load:21.97, Inflammation Score:-8, Nutrition Score:14.624782582988%

Flavonoids

Cyanidin: 6.15mg, Cyanidin: 6.15mg, Cyanidin: 6.15mg, Cyanidin: 6.15mg Catechin: 15.75mg, Catechin: 15.75mg, Catechin: 15.75mg, Catechin: 15.75mg Epigallocatechin: 3.33mg, Epigallocatechin: 3.33mg, Epigallocatechin: 3.33mg, Epigallocatechin: 3.33mg Epicatechin: 7.49mg, Epicatechin: 7.49mg, Epicatechin: 7.49mg, Epicatechin: 7.49mg

7.49mg Epigallocatechin 3–gallate: 0.96mg, Epigallocatechin 3–gallate: 0.96mg, Epigallocatechin 3–gallate: 0.96mg, Epigallocatechin 3–gallate: 0.96mg, Epigallocatechin 3–gallate: 0.96mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 332.83kcal (16.64%), Fat: 10.26g (15.78%), Saturated Fat: 5.11g (31.96%), Carbohydrates: 55.77g (18.59%), Net Carbohydrates: 50.87g (18.5%), Sugar: 50.27g (55.86%), Cholesterol: 98.13mg (32.71%), Sodium: 113.23mg (4.92%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.95%), Vitamin A: 1526.29IU (30.53%), Phosphorus: 249.77mg (24.98%), Vitamin B2: 0.37mg (21.71%), Calcium: 207.22mg (20.72%), Selenium: 13.93µg (19.9%), Fiber: 4.9g (19.6%), Vitamin E: 2.74mg (18.28%), Potassium: 631.58mg (18.05%), Vitamin C: 13.64mg (16.54%), Vitamin B12: 0.85µg (14.13%), Vitamin B3: 2.77mg (13.86%), Copper: 0.27mg (13.29%), Vitamin B5: 1.26mg (12.56%), Vitamin B1: 0.19mg (12.33%), Manganese: 0.23mg (11.62%), Vitamin D: 1.71µg (11.38%), Magnesium: 44.97mg (11.24%), Vitamin K: 10.82µg (10.31%), Vitamin B6: 0.21mg (10.26%), Zinc: 1.52mg (10.11%), Folate: 30.41µg (7.6%), Iron: 1.33mg (7.37%)