



Peach Cobbler Ice Cream

READY IN



90 min.

SERVINGS



4

CALORIES



915 kcal

DESSERT

Ingredients

- 0.3 teaspoon allspice
- 0.3 teaspoon almond extract
- 1.5 cups heavy whipping cream
- 1 pinch kosher salt
- 0.3 cup brown sugar light
- 1.5 cups peach nectar
- 4 peaches pitted ripe quartered
- 10 shortbread cookies crumbled (recommended: Lorna Doone)
- 14 ounce condensed milk sweetened canned

1 teaspoon vanilla extract

Equipment

bowl

whisk

plastic wrap

grill

measuring cup

ice cream machine

Directions

Watch how to make this recipe.

Whisk all the ice cream ingredients together in a large measuring cup. Cover with plastic wrap and refrigerate until chilled, about 1 hour.

Pour the mixture into the ice cream maker and mix until it begins to look slushy and like soft serve, about 12 to 15 minutes.

Transfer the ice cream to freezer container and cover the container tightly with a lid. Freeze until firm.

Preheat the grill to medium heat.

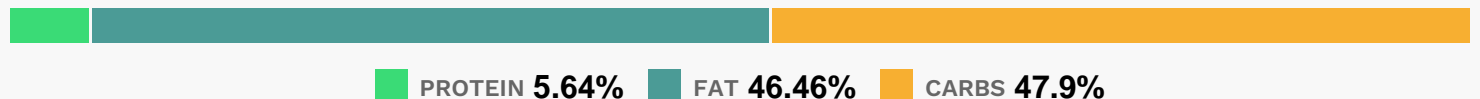
Toss the peaches in a bowl with the sugar, vanilla, and allspice.

Put the peaches on grill and cook for 2 to 3 minutes per side.

Divide the peaches and ice cream among 4 bowls.

Sprinkle with the crumbled shortbread cookies and serve immediately.

Nutrition Facts



Properties

Glycemic Index:45.06, Glycemic Load:48.13, Inflammation Score:-9, Nutrition Score:17.693043625873%

Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg, Catechin: 7.38mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg, Epicatechin: 3.51mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 915.39kcal (45.77%), Fat: 48.35g (74.39%), Saturated Fat: 28.07g (175.41%), Carbohydrates: 112.18g (37.39%), Net Carbohydrates: 109.49g (39.81%), Sugar: 99.36g (110.4%), Cholesterol: 134.59mg (44.86%), Sodium: 281.88mg (12.26%), Alcohol: 0.43g (100%), Alcohol %: 0.12% (100%), Protein: 13.21g (26.42%), Vitamin A: 2328.98IU (46.58%), Vitamin B2: 0.72mg (42.4%), Calcium: 367.93mg (36.79%), Phosphorus: 355.87mg (35.59%), Selenium: 22.42µg (32.03%), Potassium: 707.36mg (20.21%), Vitamin E: 2.96mg (19.7%), Vitamin B1: 0.29mg (19.18%), Vitamin B5: 1.36mg (13.59%), Magnesium: 52.84mg (13.21%), Vitamin B3: 2.4mg (12.01%), Manganese: 0.24mg (11.92%), Vitamin C: 9.31mg (11.29%), Vitamin K: 11.82µg (11.26%), Folate: 44.85µg (11.21%), Zinc: 1.63mg (10.87%), Vitamin D: 1.63µg (10.84%), Fiber: 2.7g (10.78%), Vitamin B12: 0.58µg (9.66%), Iron: 1.71mg (9.48%), Copper: 0.19mg (9.45%), Vitamin B6: 0.18mg (8.89%)