



WHATSheATE



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

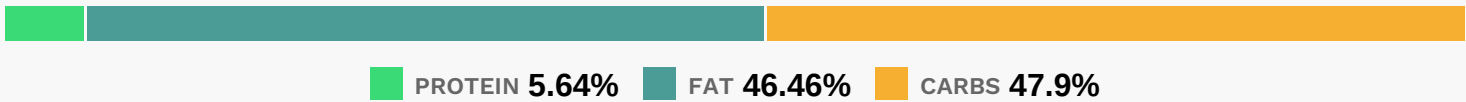
Equipment

- ☐ 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%)