



Peach Cobbler Ice Cream with Bourbon-Caramel Sauce

READY IN



520 min.

SERVINGS



8

CALORIES



275 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon bourbon
- ☐ 1 tablespoon butter softened
- ☐ 1 tablespoon light-colored corn syrup
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.3 cup half-and-half
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons peach schnapps
- ☐ 1 cup peaches divided peeled chopped (2 medium peaches)

- ☐ 4 ounces pie dough refrigerated
- ☐ 1 Dash salt
- ☐ 0.5 cup sugar
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup condensed milk fat-free sweetened
- ☐ 2 tablespoons water
- ☐ 2 cups non-dairy whipped topping frozen thawed reduced-fat

Equipment

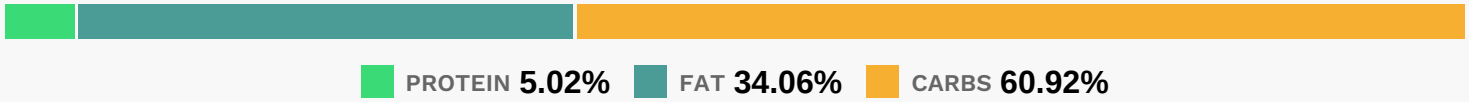
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ pizza cutter

Directions

- ☐ Preheat oven to 425
- ☐ To prepare ice cream, place pie dough on a baking sheet lined with parchment paper; lightly coat with cooking spray.
- ☐ Combine 1 tablespoon sugar and cinnamon in a small bowl.
- ☐ Sprinkle sugar mixture evenly over pie dough. Using a knife or pizza cutter, score dough at 1-inch intervals.
- ☐ Bake at 425 for 10 minutes or until browned. Cool completely; break into 1/2-inch pieces.
- ☐ Place 1/2 cup peaches in a medium bowl, and mash with a fork until almost smooth.
- ☐ Add the remaining 1/2 cup peaches and next 4 ingredients (through dash of salt); stir well. Gently fold in the crumbled piecrust and whipped topping. Scoop the mixture into a freezer-safe container; cover and freeze overnight.

- ☐
- To prepare sauce, combine 1/2 cup sugar, 2 tablespoons water, corn syrup, and dash of salt in a small saucepan over medium heat, stirring just until sugar melts; bring to a boil. Cook 12 minutes or until amber; remove from heat.
- ☐
- Drizzle in half-and-half, stirring constantly with a whisk.
- ☐
- Add butter and bourbon; whisk until smooth.

Nutrition Facts



Properties

Glycemic Index:41.3, Glycemic Load:17.19, Inflammation Score:-2, Nutrition Score:3.5739130818326%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 274.79kcal (13.74%), Fat: 10.21g (15.71%), Saturated Fat: 5.76g (36.01%), Carbohydrates: 41.1g (13.7%), Net Carbohydrates: 40.42g (14.7%), Sugar: 33.75g (37.5%), Cholesterol: 13.29mg (4.43%), Sodium: 121.05mg (5.26%), Alcohol: 0.63g (100%), Alcohol %: 0.73% (100%), Protein: 3.38g (6.77%), Vitamin B2: 0.14mg (8.52%), Phosphorus: 84.57mg (8.46%), Calcium: 80.95mg (8.1%), Selenium: 4.86µg (6.94%), Vitamin B1: 0.07mg (4.61%), Manganese: 0.09mg (4.38%), Potassium: 140.07mg (4%), Vitamin A: 198.64IU (3.97%), Folate: 14.4µg (3.6%), Vitamin B3: 0.61mg (3.04%), Iron: 0.51mg (2.82%), Magnesium: 10.96mg (2.74%), Fiber: 0.68g (2.73%), Vitamin E: 0.39mg (2.63%), Vitamin B5: 0.26mg (2.57%), Vitamin C: 2.08mg (2.52%), Vitamin K: 2.57µg (2.45%), Zinc: 0.35mg (2.36%), Vitamin B12: 0.14µg (2.32%), Copper: 0.03mg (1.68%), Vitamin B6: 0.03mg (1.51%)