



## Peach Coconut Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



14

CALORIES



190 kcal

DESSERT

### Ingredients

- 27.2 ounces coconut milk canned
- 1 cup half and half
- 0.5 cup granulated sugar
- 6 large peaches pitted ripe quartered (peel on)

### Equipment

- sauce pan
- blender
- stove

ice cream machine

## Directions

- Heat coconut milk and half & half on the stove over medium high in a saucepan until hot and barely bubbling (bring to a low boil).
- Add sugar; mix to dissolve.
- Remove from heat.
- Pour mixture into a blender along with the chopped peaches. Allow mixture to cool about 10 minutes before pouring mixture in a large container; refrigerate a few hours until cold.
- If using an ice cream maker, follow the instructions on your ice cream maker accordingly.
- You can also try this without an ice cream maker by putting the ice cream mixture in a freezer-safe container, placing it in the freezer and stirring with a spoon every hour for roughly 8-10 hours. If you try this without an ice cream maker the consistency will not be as creamy as you'd get when using an ice cream maker, but the ice cream will still be great!
- If you have leftovers in the freezer, thaw the ice cream at least 10 minutes before attempting to dig in because it will be much stiffer than store-bought ice cream.

## Nutrition Facts



**PROTEIN 4.61%**   **FAT 61.92%**   **CARBS 33.47%**

## Properties

Glycemic Index:14.81, Glycemic Load:9.08, Inflammation Score:-4, Nutrition Score:5.1386956521739%

## Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg, Epicatechin: 1.76mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg, Quercetin: 0.5mg

## Taste

Sweetness: 100%, Saltiness: 1.46%, Sourness: 40.28%, Bitterness: 17.79%, Savoriness: 8.94%, Fattiness: 43.92%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 190.15kcal (9.51%), Fat: 13.96g (21.48%), Saturated Fat: 11.65g (72.8%), Carbohydrates: 16.98g (5.66%), Net Carbohydrates: 15.86g (5.77%), Sugar: 14.14g (15.71%), Cholesterol: 6.05mg (2.02%), Sodium: 27.53mg (1.2%), Protein: 2.34g (4.67%), Manganese: 0.47mg (23.46%), Iron: 2.08mg (11.58%), Copper: 0.18mg (9.17%), Phosphorus: 85.8mg (8.58%), Magnesium: 33.06mg (8.27%), Potassium: 235.63mg (6.73%), Vitamin A: 305.69IU (6.11%), Vitamin B3: 0.97mg (4.87%), Vitamin C: 3.78mg (4.58%), Fiber: 1.13g (4.5%), Vitamin E: 0.59mg (3.94%), Zinc: 0.55mg (3.66%), Vitamin B2: 0.06mg (3.42%), Folate: 12.73µg (3.18%), Calcium: 31.48mg (3.15%), Selenium: 2.17µg (3.1%), Vitamin B5: 0.25mg (2.49%), Vitamin K: 2.47µg (2.36%), Vitamin B1: 0.04mg (2.35%), Vitamin B6: 0.04mg (2.14%)