



Peach Custard Ice Cream with Fresh Peach Compote



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



472 kcal

DESSERT

Ingredients

- ☐ 0.3 cup plus light
- ☐ 5 large egg yolks
- ☐ 1 cup half and half
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 4 large peaches peeled sliced
- ☐ 0.5 cup late-harvest riesling (orange Muscat wine)
- ☐ 0.5 cup sugar

- ☐ 0.5 teaspoon vanilla extract
- ☐ 1.5 cups whipping cream

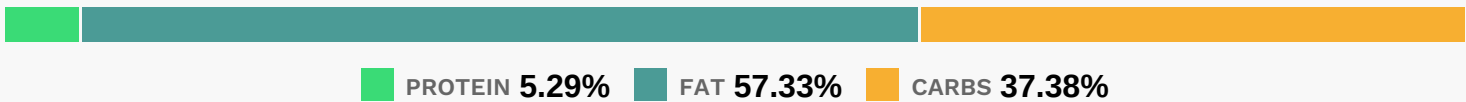
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ ice cream machine

Directions

- ☐ Bring 1 cup cream, half and half, and 1/2 cup sugar just to simmer in medium saucepan.
- ☐ Whisk yolks in medium bowl; gradually whisk in cream mixture. Return mixture to saucepan. Stir over medium heat until custard thickens and leaves path on back of spoon when finger is drawn across, about 4 minutes (do not boil). Strain into bowl. Refrigerate custard until cold, about 3 hours.
- ☐ Place peaches, corn syrup, and 1/4 cup sugar in medium saucepan. Stir over medium heat until peaches are heated through, about 4 minutes. Mash to coarse puree. Cool completely. Stir into custard along with vanilla and 1/2 cup cream.
- ☐ Process custard in ice cream maker according to manufacturer's instructions. (Ice cream can be made 3 days ahead. Cover and freeze.)
- ☐ Mix all ingredients in medium bowl.
- ☐ Let stand 10 minutes and up to 1 hour, tossing occasionally.
- ☐ Serve ice cream with compote.

Nutrition Facts



Properties

Glycemic Index:21.56, Glycemic Load:17.75, Inflammation Score:-7, Nutrition Score:9.3082608761995%

Flavonoids

Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg Catechin: 5.74mg, Catechin: 5.74mg, Catechin: 5.74mg, Catechin: 5.74mg Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg, Epigallocatechin: 1.21mg Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg, Epicatechin: 2.73mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

Nutrients (% of daily need)

Calories: 471.62kcal (23.58%), Fat: 30.27g (46.57%), Saturated Fat: 17.9g (111.85%), Carbohydrates: 44.42g (14.81%), Net Carbohydrates: 42.66g (15.51%), Sugar: 40.9g (45.44%), Cholesterol: 234.35mg (78.12%), Sodium: 71.66mg (3.12%), Alcohol: 1.85g (100%), Alcohol %: 0.83% (100%), Protein: 6.29g (12.57%), Vitamin A: 1602.15IU (32.04%), Selenium: 13.66µg (19.51%), Vitamin B2: 0.3mg (17.93%), Phosphorus: 153.9mg (15.39%), Vitamin E: 1.87mg (12.45%), Vitamin D: 1.72µg (11.45%), Calcium: 107.52mg (10.75%), Vitamin B5: 0.87mg (8.73%), Folate: 31.61µg (7.9%), Potassium: 270.23mg (7.72%), Vitamin B12: 0.45µg (7.47%), Vitamin C: 6.15mg (7.45%), Fiber: 1.75g (7.02%), Zinc: 0.96mg (6.4%), Vitamin B6: 0.12mg (6.03%), Vitamin K: 6.03µg (5.74%), Vitamin B1: 0.09mg (5.72%), Copper: 0.11mg (5.69%), Vitamin B3: 1.03mg (5.14%), Iron: 0.87mg (4.85%), Magnesium: 18.52mg (4.63%), Manganese: 0.08mg (4.08%)