



Peach Ice Cream

READY IN



12 min.

SERVINGS



6

CALORIES



170 kcal

DESSERT

Ingredients

- 1.5 cups banana ripe sliced (2 medium)
- 0.8 teaspoon coconut extract
- 1 cup whipped cream low-fat
- 0.5 cup orange juice concentrate frozen thawed
- 1 pound peaches frozen
- 0.3 cup powdered sugar sifted
- 6 servings try build-a-meal

Equipment

food processor

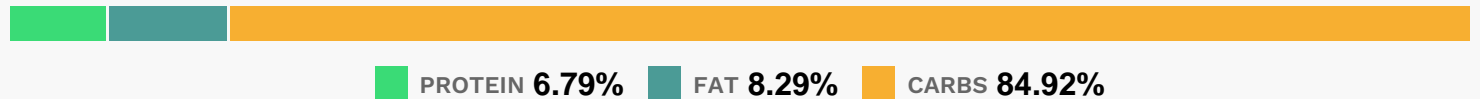
bowl

Directions

Add all ingredients to food processor bowl; process until smooth.

Serve immediately, or freeze, covered, in an airtight freezer-safe container until ready to serve.

Nutrition Facts



Properties

Glycemic Index:21.84, Glycemic Load:9.43, Inflammation Score:-6, Nutrition Score:8.1834782796062%

Flavonoids

Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg, Cyanidin: 1.45mg Catechin: 6.01mg, Catechin: 6.01mg, Catechin: 6.01mg, Catechin: 6.01mg Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg, Epigallocatechin: 0.79mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 170.22kcal (8.51%), Fat: 1.64g (2.52%), Saturated Fat: 0.82g (5.1%), Carbohydrates: 37.74g (12.58%), Net Carbohydrates: 35.1g (12.76%), Sugar: 28.52g (31.69%), Cholesterol: 6.84mg (2.28%), Sodium: 30.77mg (1.34%), Alcohol: 0.21g (100%), Alcohol %: 0.16% (100%), Protein: 3.02g (6.03%), Vitamin C: 40.98mg (49.68%), Potassium: 436.35mg (12.47%), Vitamin B6: 0.23mg (11.68%), Manganese: 0.23mg (11.43%), Fiber: 2.65g (10.59%), Vitamin B2: 0.16mg (9.49%), Vitamin A: 473.75IU (9.48%), Folate: 31.93µg (7.98%), Magnesium: 30.56mg (7.64%), Vitamin B1: 0.11mg (7.42%), Phosphorus: 71.77mg (7.18%), Vitamin B3: 1.21mg (6.04%), Copper: 0.11mg (5.71%), Calcium: 55.36mg (5.54%), Vitamin E: 0.78mg (5.17%), Vitamin B5: 0.51mg (5.11%), Selenium: 3.1µg (4.43%), Zinc: 0.51mg (3.4%), Iron: 0.55mg (3.05%), Vitamin K: 2.71µg (2.58%), Vitamin B12: 0.12µg (1.98%)