

Peach Ice Cream

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



212 kcal

DESSERT

Ingredients

- 4 large egg yolks
- 1 cup half-and-half
- 2 cups milk 2% reduced-fat
- 2 cups peaches peeled chopped
- 8 servings try build-a-meal
- 0.1 teaspoon salt
- 1 cup sugar

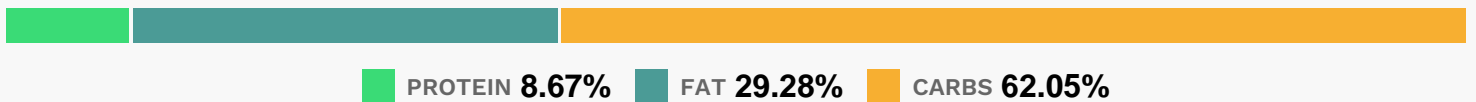
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- blender
- kitchen thermometer

Directions

- Combine milk and half-and-half in a medium, heavy saucepan, and bring to a boil.
- Remove from heat.
- Combine sugar, salt, and egg yolks in a medium bowl; beat with a mixer at high speed until thick and pale. Gradually add half of hot milk mixture to yolk mixture, stirring well with a whisk. Return milk mixture to pan. Cook over medium-low heat for 2 minutes or until a thermometer registers 160, stirring constantly.
- Place pan in a large ice-filled bowl. Cool completely, stirring occasionally.
- Pour mixture into the freezer can of an ice-cream freezer, and add peaches. Freeze according to the manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:13.79, Glycemic Load:18.79, Inflammation Score:-3, Nutrition Score:5.5760870187179%

Flavonoids

Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg, Cyanidin: 0.74mg Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg, Catechin: 1.89mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg, Epicatechin: 0.9mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 212.16kcal (10.61%), Fat: 7.11g (10.94%), Saturated Fat: 3.69g (23.06%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 33.11g (12.04%), Sugar: 32.47g (36.08%), Cholesterol: 107.11mg (35.7%), Sodium: 91.86mg (3.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.74g (9.47%), Vitamin B2: 0.23mg (13.67%), Phosphorus: 130.96mg (13.1%), Selenium: 8.67µg (12.39%), Calcium: 116.5mg (11.65%), Vitamin B12: 0.54µg (8.93%), Vitamin A: 415.45IU (8.31%), Vitamin B5: 0.63mg (6.26%), Potassium: 186.57mg (5.33%), Manganese: 0.1mg (5.24%), Zinc: 0.74mg (4.96%), Folate: 18.73µg (4.68%), Vitamin B6: 0.08mg (4.05%), Vitamin E: 0.61mg (4.05%), Vitamin B1: 0.06mg (3.95%), Magnesium: 15.5mg (3.88%), Fiber: 0.8g (3.21%), Vitamin D: 0.46µg (3.06%), Iron: 0.47mg (2.59%), Copper: 0.05mg (2.58%), Vitamin C: 1.97mg (2.39%), Vitamin B3: 0.45mg (2.27%), Vitamin K: 1.78µg (1.7%)