

Peach Ice Cream



Vegetarian



Gluten Free



Popular

READY IN



65 min.

SERVINGS



8

CALORIES



950 kcal

DESSERT

Ingredients

- ☐ 6 eggs beaten
- ☐ 2 cups half-and-half cream
- ☐ 4 cups heavy cream
- ☐ 10 peaches fresh pitted chopped
- ☐ 0.8 teaspoon salt
- ☐ 2 teaspoons vanilla extract
- ☐ 3.5 cups sugar white

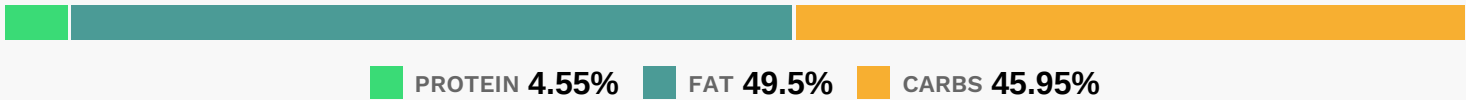
Equipment

- ☐ food processor
- ☐ bowl
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ In large bowl, mix together eggs and sugar until smooth; puree peaches in blender or food processor and stir 5 cups of puree into egg mixture. Stir in cream, half-and-half, vanilla and salt and mix well.
- ☐ Pour mixture into freezer canister of ice cream maker and freeze according to manufacturer's instructions.

Nutrition Facts



Properties

Glycemic Index:13.79, Glycemic Load:67.57, Inflammation Score:-9, Nutrition Score:14.626521711764%

Flavonoids

Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg, Cyanidin: 3.6mg Catechin: 9.23mg, Catechin: 9.23mg, Catechin: 9.23mg, Catechin: 9.23mg Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg, Epigallocatechin: 1.95mg Epicatechin: 4.39mg, Epicatechin: 4.39mg, Epicatechin: 4.39mg, Epicatechin: 4.39mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 949.55kcal (47.48%), Fat: 53.84g (82.83%), Saturated Fat: 32.69g (204.32%), Carbohydrates: 112.43g (37.48%), Net Carbohydrates: 109.62g (39.86%), Sugar: 109.28g (121.42%), Cholesterol: 278.4mg (92.8%), Sodium: 359.25mg (15.62%), Alcohol: 0.34g (100%), Alcohol %: 0.09% (100%), Protein: 11.14g (22.28%), Vitamin A: 2752.92IU (55.06%), Vitamin B2: 0.57mg (33.39%), Selenium: 20.1µg (28.71%), Phosphorus: 233.15mg (23.31%), Vitamin E: 2.96mg (19.74%), Vitamin D: 2.56µg (17.09%), Calcium: 170.38mg (17.04%), Potassium: 470.48mg (13.44%), Vitamin B5: 1.27mg (12.71%), Fiber: 2.81g (11.25%), Vitamin C: 8.95mg (10.84%), Vitamin B12: 0.6µg (9.98%), Vitamin K: 10.32µg (9.83%), Copper: 0.2mg (9.78%), Zinc: 1.39mg (9.26%), Vitamin B6: 0.18mg (8.76%), Vitamin B3: 1.68mg (8.41%), Magnesium: 33.47mg (8.37%), Folate: 33.33µg (8.33%), Iron: 1.41mg (7.84%), Vitamin B1: 0.1mg (6.68%), Manganese: 0.13mg (6.59%)