



Peach Ice Cream



Vegetarian



Gluten Free

READY IN



265 min.

SERVINGS



6

CALORIES



411 kcal

DESSERT

Ingredients

- ☐ 3 large egg yolks
- ☐ 1.5 cups heavy cream
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 0.8 cup brown sugar light packed
- ☐ 3 large peaches pitted ripe peeled halved cut into bite-size chunks
- ☐ 1 teaspoon vanilla extract
- ☐ 1.5 cups milk whole

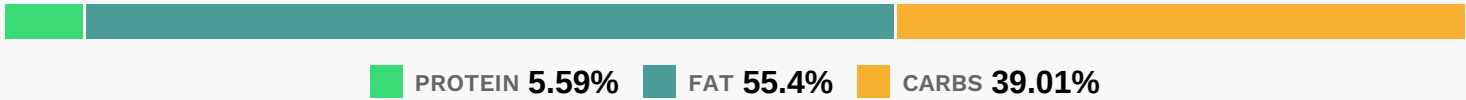
Equipment

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

Directions

- ☐ In a large bowl, whisk together the egg yolks and sugar.
- ☐ In a large saucepan, bring the cream and milk to a simmer over low heat.
- ☐ Whisking constantly, slowly pour the hot milk mixture into the egg mixture until combined; return the combined mixture to the saucepan. Cook over low heat for 3 to 5 minutes or until the custard has thickened enough to coat the back of the spoon, stirring constantly. Immediately strain the custard into a bowl. Set the bowl in a larger bowl filled with ice water to cool, stirring occasionally.
- ☐ Stir the lemon juice and vanilla into the cooled custard. Freeze in an ice cream maker according to the manufacturer's instructions, adding the peach chunks halfway through the churning process.

Nutrition Facts



Properties

Glycemic Index:13.04, Glycemic Load:4.11, Inflammation Score:-7, Nutrition Score:8.7078260960786%

Flavonoids

Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg, Cyanidin: 1.68mg Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg, Catechin: 4.3mg Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg, Epigallocatechin: 0.91mg Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg, Epicatechin: 2.05mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 410.54kcal (20.53%), Fat: 25.93g (39.9%), Saturated Fat: 15.65g (97.81%), Carbohydrates: 41.09g (13.7%), Net Carbohydrates: 39.76g (14.46%), Sugar: 38.95g (43.27%), Cholesterol: 166.35mg (55.45%), Sodium: 62.51mg (2.72%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 5.89g (11.78%), Vitamin A: 1381.59IU (27.63%), Vitamin B2: 0.27mg (15.85%), Calcium: 151.96mg (15.2%), Phosphorus: 150.06mg (15.01%), Selenium: 9.88µg (14.11%), Vitamin D: 2.08µg (13.88%), Vitamin B12: 0.59µg (9.84%), Vitamin E: 1.44mg (9.62%), Potassium: 306.75mg (8.76%), Vitamin B5: 0.81mg (8.1%), Vitamin C: 5.88mg (7.13%), Vitamin B6: 0.12mg (6.17%), Vitamin B1: 0.08mg (5.55%), Magnesium: 21.76mg (5.44%), Zinc: 0.8mg (5.34%), Folate: 21.32µg (5.33%), Fiber: 1.33g (5.31%), Copper: 0.1mg (4.81%), Vitamin K: 4.77µg (4.54%), Iron: 0.79mg (4.38%), Vitamin B3: 0.85mg (4.24%), Manganese: 0.08mg (4.04%)