

Peach Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



209 kcal

DESSERT

Ingredients

- ☐ 4 large egg yolks
- ☐ 1 cup half-and-half
- ☐ 2 cups milk 2% reduced-fat
- ☐ 2 cups peaches peeled chopped
- ☐ 0.1 teaspoon salt
- ☐ 1 cup sugar

Equipment

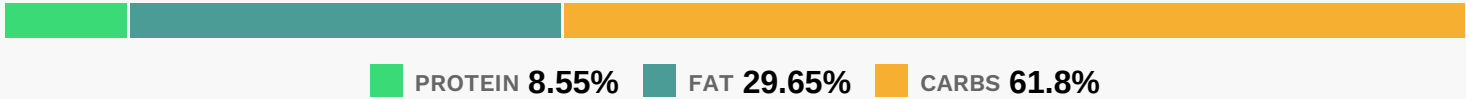
- ☐ bowl

- ☐ 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:5.194782630257%

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: 208.92kcal (10.45%), Fat: 7.08g (10.9%), Saturated Fat: 3.69g (23.05%), Carbohydrates: 33.23g (11.08%),
Net Carbohydrates: 32.65g (11.87%), Sugar: 32.46g (36.07%), Cholesterol: 107.11mg (35.7%), Sodium: 91.85mg
(3.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.19%), Vitamin B2: 0.23mg (13.49%),
Phosphorus: 124.64mg (12.46%), Selenium: 8.16µg (11.66%), Calcium: 115.94mg (11.59%), Vitamin B12: 0.54µg
(8.93%), Vitamin A: 415.35IU (8.31%), Vitamin B5: 0.61mg (6.11%), Potassium: 179.27mg (5.12%), Folate: 18.58µg
(4.64%), Zinc: 0.69mg (4.59%), Vitamin E: 0.59mg (3.96%), Vitamin B6: 0.08mg (3.85%), Vitamin B1: 0.06mg
(3.75%), Magnesium: 13.02mg (3.26%), Vitamin D: 0.46µg (3.06%), Vitamin C: 1.97mg (2.39%), Fiber: 0.58g (2.31%),
Iron: 0.4mg (2.24%), Copper: 0.04mg (2.23%), Vitamin B3: 0.4mg (2%), Manganese: 0.04mg (1.89%), Vitamin K:
1.73µg (1.64%)