

Peach Parfait Pie

READY IN



30 min.

SERVINGS



8

CALORIES



419 kcal

DESSERT

Ingredients

- 1 deep dish pie crust (9 inches)
- 1 cup heavy whipping cream
- 3 ounces gelatin mix
- 3.5 cups peaches unsweetened frozen peeled sliced
- 0.5 cup sugar
- 2 cups whipped cream softened
- 0.5 cup water cold

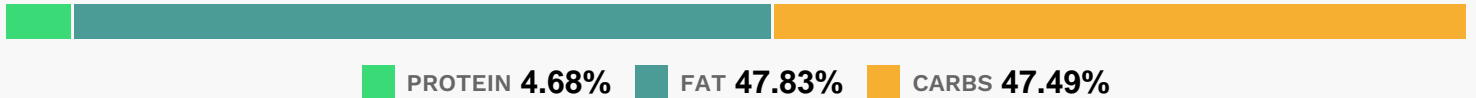
Equipment

- bowl
- sauce pan
- measuring cup

Directions

- Place peaches in a bowl; sprinkle with sugar.
- Let stand for 15 minutes.
- Drain, reserving juice in a 1-cup measuring cup. Set peaches aside.
- Add enough water to the juice to measure 1 cup; pour into a small saucepan. Bring to a boil.
- Remove from the heat.
- Stir in gelatin until dissolved; add cold water. Gradually add the ice cream, 1/2 cup at a time, stirring after each addition until blended. Cover and refrigerate for 60–75 minutes or until slightly thickened, stirring occasionally (mixture may separate).
- Drain peaches again; discard juice. Fold gelatin mixture into peaches.
- Transfer to pastry shell. Cover and refrigerate for 3 hours or until firm. Just before serving, garnish with whipped cream.

Nutrition Facts



Properties

Glycemic Index:21.42, Glycemic Load:15.67, Inflammation Score:-5, Nutrition Score:6.3204348294631%

Flavonoids

Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg, Cyanidin: 1.29mg Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg, Catechin: 3.31mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg, Epicatechin: 1.58mg Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg, Epigallocatechin 3-gallate: 0.2mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 418.6kcal (20.93%), Fat: 22.71g (34.94%), Saturated Fat: 11.39g (71.2%), Carbohydrates: 50.73g (16.91%), Net Carbohydrates: 49.09g (17.85%), Sugar: 35.14g (39.04%), Cholesterol: 48.14mg (16.05%), Sodium: 193.32mg

(8.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5g (10%), Vitamin A: 795.9IU (15.92%), Vitamin B2: 0.2mg (11.95%), Phosphorus: 100.93mg (10.09%), Manganese: 0.18mg (9.01%), Vitamin E: 1.21mg (8.1%), Folate: 28.95µg (7.24%), Calcium: 71.11mg (7.11%), Selenium: 4.96µg (7.09%), Vitamin K: 7.31µg (6.96%), Vitamin B1: 0.1mg (6.67%), Fiber: 1.64g (6.55%), Vitamin B3: 1.31mg (6.54%), Potassium: 202.83mg (5.8%), Iron: 0.95mg (5.26%), Copper: 0.1mg (5.08%), Vitamin B5: 0.47mg (4.74%), Magnesium: 16.69mg (4.17%), Zinc: 0.59mg (3.92%), Vitamin C: 3.14mg (3.8%), Vitamin D: 0.54µg (3.61%), Vitamin B12: 0.18µg (2.94%), Vitamin B6: 0.06mg (2.82%)