



Peach Pie Ice Cream (Vegan)



Dairy Free



Popular

READY IN



38 min.

SERVINGS



2

CALORIES



1482 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon arrowroot starch
- ☐ 1 tablespoon non-gmo cornstarch
- ☐ 1.8 cups can full-fat coconut milk canned
- ☐ 1 cup granulated sugar
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup peach jam
- ☐ 0.5 tablespoon juice of lemon
- ☐ 1 pound peaches fresh ripe (3 medium)

- ☐ 4.5 ounces unbaked gluten-free
- ☐ 0.1 teaspoon salt
- ☐ 2 tablespoons sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 1 tablespoon water

Equipment

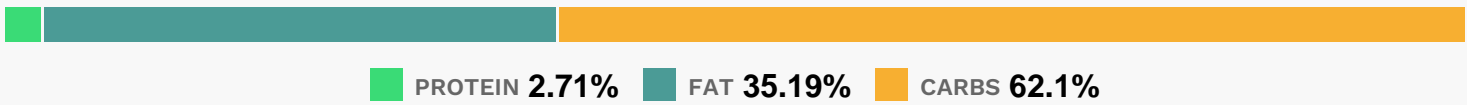
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ sieve
- ☐ blender
- ☐ stove
- ☐ microwave
- ☐ ice cream machine
- ☐ pizza cutter

Directions

- ☐ For the crust, preheat your oven to 325°F and line a baking sheet with a silicone baking mat or piece of parchment paper.
- ☐ Roll out your pie dough to about 1/8th of an inch in thickness, in more or less of an even rectangle. Using a pizza cutter or very sharp knife, slice the dough into 1-inch square pieces.
- ☐ Combine the sugar and cinnamon in a small bowl, and gently toss with the crust squares to coat. Arrange the squares in an even layer on your prepared baking sheet, and bake for 10 to 15 minutes, or until golden brown.

- ☐
- Let cool completely.For the ice cream base, pull out your blender and add the peaches (pits removed), coconut milk, sugar, cornstarch, arrowroot, and salt to the container. Puree on high, until completely smooth then pass through a fine strainer to ensure there are no remaining pieces of unblended fruit in the final base, if using a low-powered machine.
- ☐
- Pour the peach and coconut puree into a medium saucepan and cook on the stove over medium heat. Stir often to make sure nothing sticks to the bottom of the pan, until the mixture comes to a boil. Cook for a minute longer, then remove from the heat. Stir in the vanilla.Chill thoroughly in the fridge, at least 3 hours, before churning in your ice cream machine according to the manufacturer’s directions.For the jam swirl, microwave the jam for 15 to 30 seconds, just to loosen it up a bit without getting it too hot. Stir in the water and lemon juice, mixing until smooth and pourable.Once the ice cream has finished churning but is still soft, transfer a few scoops at a time to an air-tight container, drizzling some of the jam and sprinkling a handful of crust pieces over each addition. Lightly stir everything together, to marble the jam throughout but not completely mix it in. When the mix-ins appear to have been distributed more or less evenly, cover and store in the freezer.
- ☐
- Let rest for at least 4 hours to further solidify before serving.

Nutrition Facts



Properties

Glycemic Index:176.17, Glycemic Load:117.63, Inflammation Score:-7, Nutrition Score:21.886956463689%

Flavonoids

Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg, Cyanidin: 4.35mg Catechin: 11.16mg, Catechin: 11.16mg, Catechin: 11.16mg, Catechin: 11.16mg Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg, Epigallocatechin: 2.36mg Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg, Epicatechin: 5.31mg Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg, Epigallocatechin 3-gallate: 0.68mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg, Kaempferol: 0.5mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 1482.23kcal (74.11%), Fat: 59.82g (92.03%), Saturated Fat: 42.66g (266.65%), Carbohydrates: 237.51g (79.17%), Net Carbohydrates: 231.26g (84.09%), Sugar: 172.31g (191.45%), Cholesterol: 0mg (0%), Sodium: 491.04mg (21.35%), Alcohol: 0.69g (100%), Alcohol %: 0.12% (100%), Protein: 10.35g (20.7%), Manganese: 2.05mg (102.63%),

Iron: 9.53mg (52.92%), Copper: 0.77mg (38.33%), Magnesium: 123.25mg (30.81%), Phosphorus: 303.23mg (30.32%), Fiber: 6.25g (24.99%), Vitamin C: 20.22mg (24.51%), Potassium: 853.03mg (24.37%), Vitamin B3: 4.86mg (24.28%), Folate: 96.34µg (24.08%), Vitamin B1: 0.29mg (19.21%), Vitamin B2: 0.26mg (15.58%), Selenium: 10.82µg (15.46%), Vitamin A: 740.96IU (14.82%), Vitamin E: 2.06mg (13.75%), Zinc: 2mg (13.3%), Vitamin K: 11.54µg (10.99%), Vitamin B5: 0.94mg (9.37%), Vitamin B6: 0.16mg (8.19%), Calcium: 81.17mg (8.12%)