



## Peach Praline Bombs with Peach Syrup



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



310 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 teaspoon almond extract
- ☐ 0.3 cup blanched almonds and whole cooled lightly toasted coarsely chopped
- ☐ 6 large egg yolks
- ☐ 0.7 cup heavy cream chilled
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 1 slices garnish: peach
- ☐ 1.5 pounds peaches very ripe unpeeled
- ☐ 0.3 teaspoon salt

- ☐ 0.5 cup sugar
- ☐ 0.5 teaspoon vanilla extract
- ☐ 3 tablespoons water

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ice cream machine
- ☐ pastry brush

## Directions

- ☐ Slice peaches 1/4 inch thick, then toss with 1/4 cup sugar and lemon juice in a bowl.
- ☐ Let stand 30 minutes.
- ☐ While peaches are standing, bring cream just to a boil in a heavy saucepan.
- ☐ Whisk together yolks, remaining 1/2 cup sugar, and salt in a bowl, then add cream in a slow stream, whisking.
- ☐ Pour into saucepan and cook over moderately low heat, stirring constantly with a wooden spoon, until it coats back of spoon and registers 170°F on an instant-read thermometer (do

not let boil).

- ☐ Pour through a very fine sieve into a clean bowl and cool, stirring occasionally.
- ☐ Purée peaches in batches in a blender until very smooth and force through very fine sieve into custard, pressing hard on and discarding solids.
- ☐ Whisk in extracts and chill, covered, until cold, 2 to 3 hours. (Do not chill longer than 3 hours or custard will discolor.)
- ☐ Lightly butter a small baking sheet or a sheet of foil.
- ☐ Bring sugar and water to a boil in a small heavy saucepan, stirring until sugar is dissolved. Boil syrup without stirring, washing down any sugar crystals on side of pan with a pastry brush dipped in cold water, until syrup turns a golden caramel.
- ☐ Remove from heat and stir in almonds.
- ☐ Pour praline onto baking sheet and cool completely.
- ☐ Break praline into pieces and pulse in a food processor until finely ground with some small pieces remaining.
- ☐ Freeze peach custard in ice cream maker, then transfer to a bowl and keep in freezer while assembling bombs.
- ☐ Beat cream in a bowl with an electric mixer until it just holds stiff peaks, then fold in vanilla and crushed praline.
- ☐ Spoon about 1/2 cup ice cream into 1 paper cup and spread it evenly over bottom and about two-thirds of the way up side of cup, forming a well. Spoon a rounded 1/4 cup praline filling into well and top with another 1/4 cup ice cream, spreading evenly to cover filling. Cover cup tightly with foil and put in freezer. Make 5 more bombs in same manner. Freeze bombs at least 8 hours and up to 2 days.
- ☐ Chop peaches, then bring to a boil with sugar in a 3- to 4-quart saucepan over moderate heat, covered, stirring occasionally until sugar is dissolved. Reduce heat and simmer, covered, until peaches are very soft and have given off liquid, about 15 minutes.
- ☐ Pour peaches and syrup through a fine sieve into a bowl, pressing on and discarding solids. Stir in lemon juice and cool syrup. Chill, covered, until cold.
- ☐ To serve, carefully tear off each paper cup. Invert bombs onto plates and halve each with a sharp knife.
- ☐ Let stand about 5 minutes to soften slightly, then drizzle about 2 tablespoons peach syrup around each serving.

# Nutrition Facts

PROTEIN 7.72% FAT 50.72% CARBS 41.56%

## Properties

Glycemic Index:25.1, Glycemic Load:16.45, Inflammation Score:-6, Nutrition Score:9.665652109229%

## Flavonoids

Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg, Cyanidin: 2.67mg Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg, Catechin: 6.84mg Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg, Epigallocatechin: 1.45mg Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg, Epigallocatechin 3-gallate: 0.42mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg

## Nutrients (% of daily need)

Calories: 309.82kcal (15.49%), Fat: 18.13g (27.89%), Saturated Fat: 8.01g (50.04%), Carbohydrates: 33.42g (11.14%), Net Carbohydrates: 30.65g (11.14%), Sugar: 29.57g (32.86%), Cholesterol: 213.48mg (71.16%), Sodium: 132.19mg (5.75%), Alcohol: 0.17g (100%), Alcohol %: 0.1% (100%), Protein: 6.21g (12.42%), Vitamin E: 3.35mg (22.32%), Vitamin A: 1087.76IU (21.76%), Selenium: 13.56µg (19.37%), Phosphorus: 145.73mg (14.57%), Vitamin B2: 0.24mg (13.87%), Manganese: 0.22mg (11.2%), Fiber: 2.78g (11.1%), Copper: 0.2mg (9.94%), Folate: 37.79µg (9.45%), Vitamin D: 1.34µg (8.94%), Magnesium: 32.62mg (8.16%), Vitamin B5: 0.81mg (8.12%), Vitamin C: 6.18mg (7.49%), Potassium: 261.03mg (7.46%), Vitamin B3: 1.39mg (6.94%), Iron: 1.2mg (6.68%), Zinc: 0.98mg (6.56%), Vitamin B12: 0.37µg (6.23%), Calcium: 61.89mg (6.19%), Vitamin B6: 0.11mg (5.6%), Vitamin B1: 0.08mg (5.47%), Vitamin K: 5.14µg (4.89%)