

Peaches "Foster" with Cane Syrup Pecan Ice Cream

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon cinnamon
- ☐ 0.3 cup rum dark
- ☐ 8 servings cane syrup pecan ice cream
- ☐ 6 tablespoons brown sugar light packed
- ☐ 4 large peaches ripe (2 pounds total)
- ☐ 8 servings garnish: pecans toasted chopped
- ☐ 0.1 teaspoon salt

☐ 0.3 cup butter unsalted

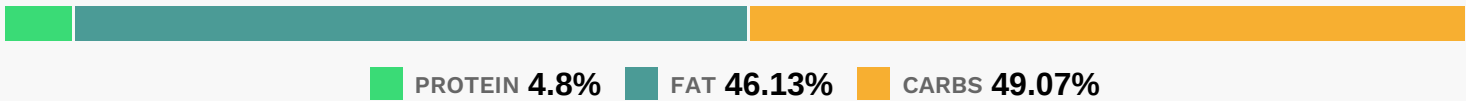
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Have ready a large bowl of ice and cold water. Bring a 6-quart pot three-fourths full of water to a boil, then gently drop peaches into water and cook 15 seconds.
- ☐ Transfer with a slotted spoon to ice water and cool completely to stop cooking.
- ☐ Remove skin with a paring knife and cut peaches into 1/2-inch-thick wedges, discarding pits.
- ☐ Melt butter in a 10- to 12-inch heavy skillet over moderate heat, then stir in brown sugar, rum, cinnamon, and salt until smooth.
- ☐ Add peaches and simmer, stirring and turning peaches over occasionally, until tender, 3 to 5 minutes. Cool until warm and serve over scoops of ice cream.
- ☐ Peaches in sauce can be made 2 hours ahead. Reheat to warm before serving.

Nutrition Facts



Properties

Glycemic Index:16.41, Glycemic Load:12.25, Inflammation Score:-5, Nutrition Score:5.5378261286279%

Flavonoids

Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg, Cyanidin: 1.79mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Catechin: 4.38mg, Catechin: 4.38mg, Catechin: 4.38mg, Catechin: 4.38mg Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg, Epigallocatechin: 0.97mg Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg, Epicatechin: 2.06mg Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate: 0.29mg, Epigallocatechin 3-gallate:

0.29mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 288.6kcal (14.43%), Fat: 13.97g (21.49%), Saturated Fat: 8.2g (51.27%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 31.53g (11.47%), Sugar: 30.11g (33.45%), Cholesterol: 44.29mg (14.76%), Sodium: 103.92mg (4.52%), Alcohol: 3.34g (100%), Alcohol %: 2.34% (100%), Protein: 3.27g (6.54%), Vitamin A: 741.13IU (14.82%), Vitamin B2: 0.19mg (11.16%), Calcium: 98.5mg (9.85%), Phosphorus: 93.82mg (9.38%), Fiber: 1.9g (7.61%), Potassium: 256.34mg (7.32%), Vitamin E: 1.02mg (6.78%), Manganese: 0.12mg (6.13%), Vitamin B5: 0.55mg (5.46%), Copper: 0.1mg (5.16%), Vitamin C: 4mg (4.84%), Zinc: 0.72mg (4.78%), Selenium: 3.24µg (4.63%), Magnesium: 18.44mg (4.61%), Vitamin B12: 0.27µg (4.49%), Vitamin B3: 0.81mg (4.04%), Vitamin B1: 0.06mg (3.71%), Vitamin K: 3.37µg (3.21%), Vitamin B6: 0.06mg (2.99%), Iron: 0.46mg (2.54%), Folate: 9.08µg (2.27%), Vitamin D: 0.24µg (1.59%)