



Peachy Ice Cream Desserts

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



10

CALORIES



196 kcal

Ingredients

- 0.3 cup amaretto divided
- 2.5 cups cheesecake ice cream light chunk softened
- 2 teaspoons juice of lemon
- 0.5 cup no-sugar-added peach spread
- 1.5 cups peaches frozen thawed sliced coarsely chopped
- 11 ounce oatmeal-raisin cookies fat-free soft (such as Archway)

Equipment

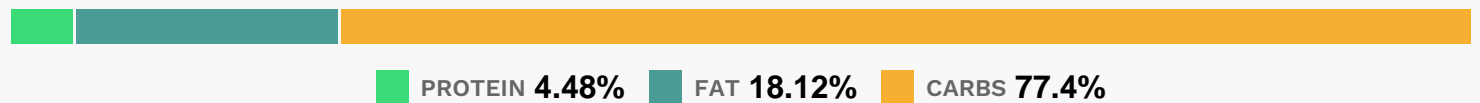
- frying pan
- sauce pan

muffin liners

Directions

- Combine first 3 ingredients.
- Spread ice cream mixture into an 8-inch square pan. Cover and freeze 2 hours or until firm.
- Combine peach spread and 2 tablespoons amaretto in a small saucepan. Cook over low heat, stirring constantly, until peach spread melts; set aside, and keep warm.
- Place 1 cookie in each of 10 (2 1/2-inch) muffin cups. Firmly press cookies against bottoms and up sides of cups.
- Brush cookies evenly with remaining 2 tablespoons amaretto; let stand 15 minutes.
- Remove cookie cups from pan, and place on individual dessert plates. Scoop ice cream mixture into cookie cups.
- Drizzle evenly with peach spread mixture.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:18.55, Inflammation Score:-2, Nutrition Score:4.0304347976394%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg, Catechin: 1.14mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg, Epicatechin: 0.54mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 196.21kcal (9.81%), Fat: 3.88g (5.97%), Saturated Fat: 2.31g (14.42%), Carbohydrates: 37.31g (12.44%), Net Carbohydrates: 34.61g (12.59%), Sugar: 11.61g (12.9%), Cholesterol: 14.52mg (4.84%), Sodium: 38.74mg (1.68%), Alcohol: 1.53g (100%), Alcohol %: 1.83% (100%), Protein: 2.16g (4.32%), Fiber: 2.7g (10.8%), Potassium: 353.92mg

(10.11%), Vitamin B2: 0.14mg (8.47%), Phosphorus: 63.55mg (6.36%), Copper: 0.12mg (6.12%), Calcium: 52.01mg (5.2%), Iron: 0.92mg (5.11%), Manganese: 0.1mg (5.06%), Vitamin A: 214.3IU (4.29%), Vitamin B6: 0.08mg (4.04%), Magnesium: 16.06mg (4.02%), Vitamin C: 3.22mg (3.9%), Vitamin B1: 0.05mg (3.63%), Vitamin B3: 0.58mg (2.91%), Vitamin B5: 0.24mg (2.42%), Zinc: 0.34mg (2.26%), Vitamin B12: 0.13µg (2.14%), Selenium: 1.28µg (1.84%), Vitamin E: 0.27mg (1.79%), Folate: 4.17µg (1.04%)