



Peachy Peach Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



370 kcal

DESSERT

Ingredients

- ☐ 2 cups cream light (cream)
- ☐ 1.5 tablespoons juice of lemon
- ☐ 1.5 pounds peaches ripe
- ☐ 0.7 cup sugar
- ☐ 2 teaspoons vanilla

Equipment

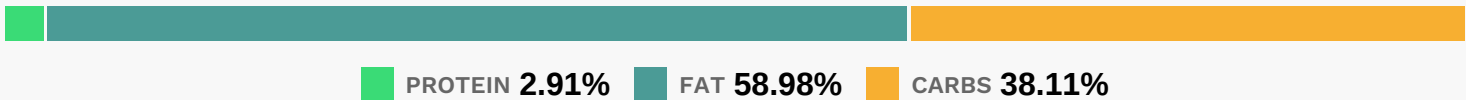
- ☐ food processor
- ☐ bowl

- ☐ blender
- ☐ potato masher
- ☐ ice cream machine

Directions

- ☐ Peel peaches if desired (see note above), then pit and slice them. In a food processor or blender, pure 2/3 of the peaches with 1 tablespoon lemon juice, vanilla, and 1/3 cup sugar.
- ☐ Pour into a large bowl, add half-and-half, and nest bowl in ice water; stir often until cold, 10 to 15 minutes. Or cover and chill until cold, about 1 hour.
- ☐ In a bowl, with a potato masher or fork, coarsely mash remaining peaches with 1/2 tablespoon lemon juice and 1/3 cup sugar. Set container in ice water and stir often until cold, about 5 minutes.
- ☐ Add to half-and-half mixture; taste, and add more sugar if desired.
- ☐ Pour chilled mixture into a 1-quart (or larger) ice cream maker. Freeze according to manufacturer's directions until mixture is firm enough to scoop, dasher is hard to turn, or machine stops.
- ☐ Serve ice cream softly frozen, or package airtight and freeze up to 1 week; let stand at room temperature 10 to 20 minutes to soften for scooping.

Nutrition Facts



Properties

Glycemic Index:18.39, Glycemic Load:19.44, Inflammation Score:-6, Nutrition Score:5.514782636062%

Flavonoids

Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg, Cyanidin: 2.18mg Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg, Catechin: 5.58mg Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg, Epigallocatechin: 1.18mg Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg, Epicatechin: 2.65mg Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg, Epigallocatechin 3-gallate: 0.34mg 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: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

0.76mg

Nutrients (% of daily need)

Calories: 370.47kcal (18.52%), Fat: 25.01g (38.48%), Saturated Fat: 15.43g (96.43%), Carbohydrates: 36.37g (12.12%), Net Carbohydrates: 34.66g (12.6%), Sugar: 32.04g (35.6%), Cholesterol: 88.43mg (29.48%), Sodium: 42.21mg (1.84%), Alcohol: 0.46g (100%), Alcohol %: 0.26% (100%), Protein: 2.77g (5.55%), Vitamin A: 1176.93IU (23.54%), Vitamin E: 1.53mg (10.23%), Vitamin B2: 0.14mg (8.28%), Vitamin C: 6.58mg (7.97%), Phosphorus: 73.92mg (7.39%), Fiber: 1.71g (6.85%), Potassium: 221.9mg (6.34%), Calcium: 60.1mg (6.01%), Vitamin K: 5.55µg (5.29%), Copper: 0.1mg (4.86%), Vitamin B3: 0.96mg (4.78%), Selenium: 2.92µg (4.17%), Vitamin B5: 0.39mg (3.85%), Magnesium: 15.03mg (3.76%), Manganese: 0.07mg (3.72%), Vitamin D: 0.48µg (3.19%), Vitamin B1: 0.05mg (3.16%), Zinc: 0.47mg (3.1%), Folate: 10.74µg (2.69%), Vitamin B12: 0.16µg (2.66%), Vitamin B6: 0.05mg (2.64%), Iron: 0.43mg (2.36%)