



## Roasted Peaches with Mascarpone Ice Cream

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



740 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 cups wine dry white
- 4 egg yolk
- 2 tablespoons honey
- 0.5 teaspoon juice of lemon fresh
- 7 ounces mascarpone cheese
- 4 peaches firm pitted ripe halved
- 1 rosemary
- 1 pinch salt

- 0.3 cup sugar
- 0.8 cup sugar
- 1 cup water
- 2 cups milk whole

## Equipment

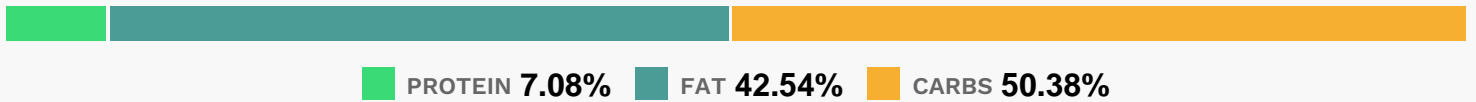
- bowl
- sauce pan
- oven
- whisk
- blender
- baking pan
- wooden spoon
- ice cream machine

## Directions

- Make the ice cream: In a large bowl, using a handheld mixer, beat the egg yolks with 3/4 cup of the sugar at medium-high speed until fluffy, 3 minutes. In a saucepan, combine the milk with the remaining 2 tablespoons of the sugar and bring to a simmer. Slowly beat the warm milk into the egg yolks at low speed. Scrape the custard into the saucepan. Cook over moderate heat, stirring constantly with a wooden spoon, until thick enough to coat the back of the spoon, about 5 minutes; don't let the custard boil.
- Pour the custard into a bowl set in a larger bowl of ice water and whisk in the mascarpone, lemon juice and salt.
- Let stand until chilled, stirring occasionally, 30 minutes.
- Pour the custard into an ice cream maker and freeze according to the manufacturer's instructions.
- Transfer the mascarpone ice cream to an airtight container and freeze until firm, at least 2 hours.
- Meanwhile, prepare the peaches: In a large saucepan, combine the white wine, honey, water and sugar and bring to a boil. Boil until reduced by half, about 30 minutes.

- Add the rosemary sprig and let stand for 10 minutes; discard the rosemary.
- Preheat the oven to 35
- Arrange the peaches in an 8-by-11-inch baking dish.
- Pour the rosemary syrup on top and roast the peaches until tender, 40 minutes, basting and turning the peaches occasionally.
- Scoop the mascarpone ice cream into bowls and top with the peach halves. Spoon the warm poaching liquid over the fruit and serve right away.

## Nutrition Facts



### Properties

Glycemic Index:88.93, Glycemic Load:47.25, Inflammation Score:-8, Nutrition Score:13.2534784444141%

### Flavonoids

Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg, Cyanidin: 2.88mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Catechin: 8.3mg, Catechin: 8.3mg, Catechin: 8.3mg, Catechin: 8.3mg Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg, Epigallocatechin: 1.56mg Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg, Epicatechin: 4.17mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

### Nutrients (% of daily need)

Calories: 740.45kcal (37.02%), Fat: 31.57g (48.57%), Saturated Fat: 17.91g (111.94%), Carbohydrates: 84.12g (28.04%), Net Carbohydrates: 81.83g (29.76%), Sugar: 78.24g (86.94%), Cholesterol: 258.65mg (86.22%), Sodium: 121.37mg (5.28%), Alcohol: 12.36g (100%), Alcohol %: 2.7% (100%), Protein: 11.82g (23.64%), Vitamin A: 1641.58IU (32.83%), Calcium: 262.8mg (26.28%), Phosphorus: 248.51mg (24.85%), Selenium: 16.05µg (22.93%), Vitamin B2: 0.34mg (20.09%), Vitamin B12: 1.01µg (16.83%), Vitamin D: 2.31µg (15.43%), Potassium: 478.16mg (13.66%), Manganese: 0.26mg (12.88%), Vitamin B5: 1.28mg (12.85%), Vitamin B6: 0.24mg (11.91%), Vitamin E: 1.62mg (10.81%), Magnesium: 40.43mg (10.11%), Zinc: 1.44mg (9.59%), Vitamin B1: 0.14mg (9.49%), Folate: 36.89µg (9.22%), Fiber: 2.28g (9.13%), Vitamin C: 6.46mg (7.83%), Iron: 1.4mg (7.79%), Copper: 0.15mg (7.69%), Vitamin B3: 1.48mg (7.42%), Vitamin K: 5.47µg (5.21%)