



Summertime Peach Ice Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1108 kcal

DESSERT

Ingredients

- ☐ 12 ounce evaporated milk canned
- ☐ 4 cups half-and-half
- ☐ 4 cups peaches fresh diced ripe peeled (8 small peaches)
- ☐ 1 cup sugar
- ☐ 14 ounce condensed milk sweetened canned
- ☐ 3.8 ounce vanilla pudding mix instant

Equipment

- ☐ food processor

☐ bowl

Directions

- ☐ Combine peaches and sugar, and let stand 1 hour.
- ☐ Process peach mixture in a food processor until smooth, stopping to scrape down sides.
- ☐ Stir together evaporated milk and pudding mix in a large bowl; stir in peach puree, condensed milk, and half-and-half.
- ☐ Pour mixture into freezer container of a 4-quart hand-turned or electric freezer; freeze according to manufacturer's instructions. Spoon into an airtight container, and freeze until firm.

Nutrition Facts



Properties

Glycemic Index:42.84, Glycemic Load:73.16, Inflammation Score:-8, Nutrition Score:22.687391410703%

Flavonoids

Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg, Cyanidin: 2.96mg Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg, Catechin: 7.58mg Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg, Epigallocatechin: 1.6mg Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg, Epicatechin: 3.6mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg, Quercetin: 1.02mg

Nutrients (% of daily need)

Calories: 1108.25kcal (55.41%), Fat: 43.57g (67.04%), Saturated Fat: 26.42g (165.11%), Carbohydrates: 163.13g (54.38%), Net Carbohydrates: 160.66g (58.42%), Sugar: 156.42g (173.8%), Cholesterol: 143.1mg (47.7%), Sodium: 553.07mg (24.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.7g (45.39%), Calcium: 770.7mg (77.07%), Vitamin B2: 1.21mg (71.28%), Phosphorus: 688mg (68.8%), Selenium: 28.16µg (40.23%), Vitamin A: 1826.91IU (36.54%), Potassium: 1139.45mg (32.56%), Vitamin B5: 2.22mg (22.22%), Magnesium: 82.73mg (20.68%), Zinc: 2.9mg (19.31%), Vitamin B12: 1.03µg (17.21%), Vitamin B1: 0.24mg (15.92%), Vitamin C: 12.69mg (15.38%), Vitamin E: 2.02mg (13.49%), Vitamin B6: 0.25mg (12.63%), Fiber: 2.47g (9.88%), Vitamin B3: 1.88mg (9.39%), Copper: 0.18mg (8.97%), Folate: 34.22µg (8.55%), Vitamin K: 8.87µg (8.45%), Iron: 1.04mg (5.78%), Manganese: 0.11mg (5.58%), Vitamin D: 0.28µg (1.89%)