

White Peach Floats



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

DESSERT

Ingredients

- ☐ 1 piece ginger fresh roughly chopped
- ☐ 0.7 cup granulated sugar
- ☐ 0.3 juice of lemon
- ☐ 4 pounds peaches white ripe roughly chopped
- ☐ 4 scoops whipped cream

Equipment

- ☐ bowl
- ☐ sauce pan

☐ sieve

Directions

- ☐ Fill a bowl halfway with ice water. In a small saucepan, over medium heat, dissolve the sugar in 2 cups of water.
- ☐ Add the ginger, bring to a boil, and cook for 8 to 10 minutes.
- ☐ Remove and discard the ginger.
- ☐ Add half the peaches and cook for 2 minutes.
- ☐ Transfer to the ice water for 1 minute and slip off the skins; set aside. Repeat with the remaining peaches.
- ☐ Pour the syrup into a bowl to cool (you should have about 1 1/2 cups).
- ☐ Place the peaches and lemon juice in a bowl and, using your hands, crush the fruit. Spoon the pulp into a strainer placed over a bowl, then press it with the back of a spoon to extract the juice (you should have at least 4 cups). Stir in the syrup and refrigerate for at least 1 hour. Divide the mixture among 4 glasses and top each with a scoop of the ice cream. Tip: If you have leftover peach juice from the floats, add it to sparkling water or wine to make a spritzer.

Nutrition Facts



Properties

Glycemic Index:46.59, Glycemic Load:48.23, Inflammation Score:-8, Nutrition Score:14.290869666182%

Flavonoids

Cyanidin: 8.71mg, Cyanidin: 8.71mg, Cyanidin: 8.71mg, Cyanidin: 8.71mg Catechin: 22.32mg, Catechin: 22.32mg, Catechin: 22.32mg, Catechin: 22.32mg Epigallocatechin: 4.72mg, Epigallocatechin: 4.72mg, Epigallocatechin: 4.72mg, Epigallocatechin: 4.72mg Epicatechin: 10.61mg, Epicatechin: 10.61mg, Epicatechin: 10.61mg, Epicatechin: 10.61mg Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg, Epigallocatechin 3-gallate: 1.36mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg, Quercetin: 3mg

Nutrients (% of daily need)

Calories: 457.27kcal (22.86%), Fat: 8.61g (13.24%), Saturated Fat: 4.57g (28.57%), Carbohydrates: 95.03g (31.68%), Net Carbohydrates: 87.72g (31.9%), Sugar: 85.39g (94.88%), Cholesterol: 29.04mg (9.68%), Sodium: 112.35mg (4.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.48g (12.95%), Vitamin A: 1756.68IU (35.13%), Fiber: 7.31g (29.23%), Vitamin C: 19.81mg (24.01%), Vitamin E: 3.52mg (23.44%), Potassium: 694.58mg (19.85%), Copper: 0.38mg (18.78%), Vitamin B3: 3.75mg (18.74%), Vitamin B2: 0.31mg (18.01%), Phosphorus: 169.84mg (16.98%), Selenium: 10.93µg (15.61%), Manganese: 0.29mg (14.38%), Vitamin K: 13.81µg (13.15%), Magnesium: 46.39mg (11.6%), Vitamin B5: 1.08mg (10.83%), Calcium: 103.35mg (10.33%), Zinc: 1.51mg (10.06%), Vitamin B1: 0.14mg (9.12%), Iron: 1.63mg (9.06%), Folate: 31.08µg (7.77%), Vitamin B6: 0.15mg (7.44%), Vitamin B12: 0.26µg (4.29%)