



Wine Poached Peaches with Ice Cream

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



1352 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cinnamon sticks
- 1 strips lemon rind
- 2 servings nutmeg freshly grated
- 2 large peaches pitted halved
- 2 to 3 peppercorns whole
- 3 cups red wine
- 1 cup sugar
- 1 pint vanilla bean ice cream

2 servings whipped cream

Equipment

bowl

sauce pan

knife

Directions

Combine the wine, sugar, cinnamon stick, cloves, peppercorns, and lemon rind in a medium saucepan. Bring to a boil, stir to dissolve the sugar, and reduce heat to a bubble.

Bring the poaching liquid to a boil and cook on high heat until reduced to a syrupy texture.

Add the peaches and poach the fruit, spooning the syrup over them occasionally, until you can pierce the peach easily with a knife, about 5 minutes.

Put the peach halves in 2 dessert bowls. Top with ice cream, whipped cream, and drizzle with the poaching syrup. Grate a little nutmeg over the top.

Nutrition Facts

 **PROTEIN 0.82%** **FAT 31.04%** **CARBS 68.14%**

Properties

Glycemic Index:143.67, Glycemic Load:78.13, Inflammation Score:-9, Nutrition Score:10.960434776285%

Flavonoids

Cyanidin: 4.04mg, Cyanidin: 4.04mg, Cyanidin: 4.04mg, Cyanidin: 4.04mg Petunidin: 7.13mg, Petunidin: 7.13mg, Petunidin: 7.13mg, Petunidin: 7.13mg Delphinidin: 7.24mg, Delphinidin: 7.24mg, Delphinidin: 7.24mg, Delphinidin: 7.24mg Malvidin: 49.82mg, Malvidin: 49.82mg, Malvidin: 49.82mg, Malvidin: 49.82mg Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg, Peonidin: 4.5mg Catechin: 34.31mg, Catechin: 34.31mg, Catechin: 34.31mg, Catechin: 34.31mg Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg, Epigallocatechin: 2.04mg Epicatechin: 17.74mg, Epicatechin: 17.74mg, Epicatechin: 17.74mg, Epicatechin: 17.74mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg, Epigallocatechin 3-gallate: 0.52mg Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg, Hesperetin: 2.27mg Naringenin: 6.37mg, Naringenin: 6.37mg, Naringenin: 6.37mg, Naringenin: 6.37mg Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg, Apigenin: 0.47mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg

Luteolin: 0.14mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg
Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 1.51mg, Myricetin:
1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin: 4.9mg, Quercetin:
4.9mg Gallocatechin: 0.29mg, Gallocatechin: 0.29mg, Gallocatechin: 0.29mg, Gallocatechin: 0.29mg

Nutrients (% of daily need)

Calories: 1352.39kcal (67.62%), Fat: 38.37g (59.04%), Saturated Fat: 1.39g (8.69%), Carbohydrates: 189.51g
(63.17%), Net Carbohydrates: 185.19g (67.34%), Sugar: 117.93g (131.03%), Cholesterol: 4.56mg (1.52%), Sodium:
39.33mg (1.71%), Alcohol: 38.16g (100%), Alcohol %: 5.47% (100%), Protein: 2.28g (4.56%), Manganese: 0.96mg
(48.12%), Potassium: 702.19mg (20.06%), Fiber: 4.31g (17.25%), Magnesium: 63.19mg (15.8%), Iron: 2.54mg (14.13%),
Vitamin C: 11.17mg (13.54%), Phosphorus: 132.54mg (13.25%), Vitamin B6: 0.26mg (13.14%), Vitamin A: 628.05IU
(12.56%), Vitamin B3: 2.28mg (11.42%), Vitamin B2: 0.19mg (11.36%), Copper: 0.21mg (10.71%), Vitamin E: 1.37mg
(9.1%), Selenium: 5.19µg (7.42%), Vitamin K: 7.51µg (7.16%), Calcium: 68.54mg (6.85%), Zinc: 1.02mg (6.82%),
Vitamin B1: 0.07mg (4.76%), Vitamin B5: 0.41mg (4.11%), Folate: 16.31µg (4.08%)