



Blueberry Cheesecake Ice Cream

 Vegetarian  Gluten Free

READY IN



156 min.

SERVINGS



12

CALORIES



233 kcal

DESSERT

Ingredients

- 3 cups blueberries fresh coarsely chopped
- 4 large egg yolk
- 2 cups granulated sugar
- 1 cup half and half
- 3 cups milk 2% reduced-fat
- 0.3 cup powdered sugar
- 0.3 cup water

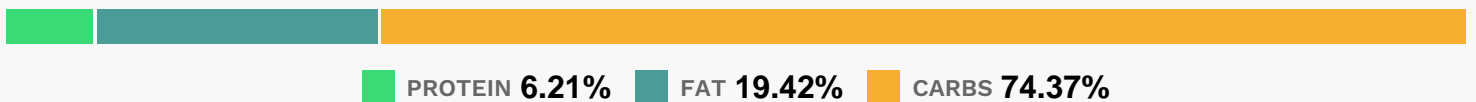
Equipment

- bowl
- frying pan
- sauce pan
- whisk
- blender
- kitchen thermometer

Directions

- Combine first 3 ingredients in a large bowl; beat with a mixer at high speed until smooth.
- Combine milk and half-and-half in a medium, heavy saucepan; bring to a boil.
- Remove from heat. Gradually add half of hot milk mixture to cheese mixture, stirring constantly with a whisk. Return milk mixture to pan. Cook over medium-low heat 5 minutes or until a thermometer registers 160, stirring constantly.
- Place pan in an ice-filled bowl. Cool completely, stirring occasionally.
- Combine blueberries, powdered sugar, and 1/4 cup water in a small saucepan; bring to a boil. Reduce heat, and simmer for 10 minutes or until mixture thickens slightly, stirring frequently.
- Remove from heat, and cool completely.
- Stir blueberry mixture into milk mixture.
- Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze for 1 hour or until firm.

Nutrition Facts



Properties

Glycemic Index:9.17, Glycemic Load:25.06, Inflammation Score:-2, Nutrition Score:4.7847826169885%

Flavonoids

Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg, Cyanidin: 3.13mg Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg, Petunidin: 11.67mg Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg, Delphinidin: 13.11mg Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg, Malvidin: 25.01mg Peonidin: 7.51mg, Peonidin:

7.51mg, Peonidin: 7.51mg, Peonidin: 7.51mg Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg, Catechin: 1.96mg
Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg
Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Luteolin: 0.07mg, Luteolin:
0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.61mg, Kaempferol: 0.61mg, Kaempferol: 0.61mg,
Kaempferol: 0.61mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin:
2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg, Quercetin: 2.84mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg,
Gallocatechin: 0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 233.31kcal (11.67%), Fat: 5.22g (8.03%), Saturated Fat: 2.71g (16.94%), Carbohydrates: 44.96g (14.99%),
Net Carbohydrates: 44.07g (16.03%), Sugar: 43.25g (48.05%), Cholesterol: 72.98mg (24.33%), Sodium: 43.75mg
(1.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.75g (7.51%), Vitamin B2: 0.2mg (11.77%), Calcium:
102.41mg (10.24%), Phosphorus: 99.98mg (10%), Selenium: 5.55µg (7.92%), Vitamin B12: 0.46µg (7.69%), Vitamin K:
7.56µg (7.2%), Manganese: 0.14mg (6.87%), Vitamin B5: 0.48mg (4.84%), Vitamin C: 3.89mg (4.71%), Vitamin A:
233.26IU (4.67%), Potassium: 144.6mg (4.13%), Zinc: 0.56mg (3.7%), Vitamin B6: 0.07mg (3.58%), Fiber: 0.89g
(3.55%), Folate: 14.05µg (3.51%), Vitamin B1: 0.05mg (3.51%), Vitamin E: 0.43mg (2.83%), Magnesium: 11.06mg
(2.76%), Vitamin D: 0.31µg (2.04%), Copper: 0.03mg (1.71%), Iron: 0.3mg (1.66%), Vitamin B3: 0.23mg (1.16%)