



Blueberry-Cheesecake Ice-Cream Pie

READY IN



45 min.

SERVINGS



10

CALORIES



220 kcal

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 0.5 cup blueberries (such as Smucker's)
- ☐ 10 oz shortbread cookies (such as Lorna Doone)
- ☐ 10 servings garnish: whipped cream fresh sweetened

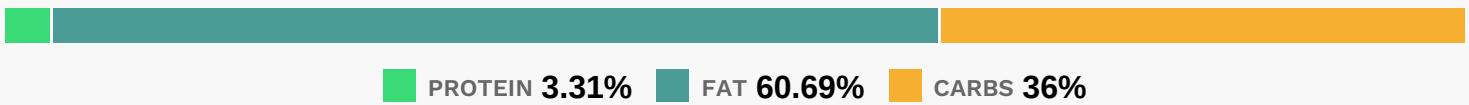
Equipment

- ☐ food processor

Directions

- ☐
- THE CRUST: Process shortbread cookies in a food processor until finely ground. Stir together shortbread crumbs and melted butter. Press mixture on bottom and up sides of a lightly greased 9-inch pie plate. Freeze 30 minutes or until set.
- ☐
- Spread 1/4 cup blueberry preserves on bottom of crust, and freeze 10 minutes.
- ☐
- Spread half of Blueberry–Cheesecake Ice Cream over preserves, and freeze 15 minutes. Repeat layers once with 1/4 cup preserves and remaining ice cream, freezing as directed above after each layer.
- ☐
- THE TOPPING: Top with sweetened whipped cream, fresh blueberries and blackberries, and lemon twists.

Nutrition Facts



Properties

Glycemic Index:20.9, Glycemic Load:12.11, Inflammation Score:-2, Nutrition Score:3.0556522050629%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Petunidin: 2.33mg, Petunidin: 2.33mg, Petunidin: 2.33mg, Petunidin: 2.33mg Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg, Delphinidin: 2.62mg Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg, Malvidin: 5mg Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg, Peonidin: 1.5mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 219.61kcal (10.98%), Fat: 14.92g (22.96%), Saturated Fat: 7.02g (43.86%), Carbohydrates: 19.91g (6.64%), Net Carbohydrates: 19.37g (7.04%), Sugar: 7.35g (8.16%), Cholesterol: 20.83mg (6.94%), Sodium: 149.28mg (6.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.67%), Manganese: 0.15mg (7.31%), Vitamin B1: 0.11mg (7.03%), Vitamin E: 0.95mg (6.32%), Folate: 23.81µg (5.95%), Vitamin B2: 0.1mg (5.8%), Vitamin A: 258.57IU (5.17%), Vitamin K: 5.19µg (4.94%), Vitamin B3: 0.97mg (4.84%), Iron: 0.87mg (4.83%), Selenium: 1.92µg (2.75%), Phosphorus: 26.75mg (2.68%), Fiber: 0.55g (2.18%), Copper: 0.03mg (1.52%), Vitamin B6: 0.03mg (1.33%), Magnesium: 5.22mg (1.31%), Vitamin B5: 0.12mg (1.21%), Zinc: 0.18mg (1.2%), Calcium: 12.01mg (1.2%), Potassium: 41.28mg (1.18%)