

Buttermilk Ice Cream

 Vegetarian

READY IN



15 min.

SERVINGS



1

CALORIES



1954 kcal

DESSERT

Ingredients

- 0.5 cup buttermilk whole
- 8 oz cream cheese softened room temperature
- 1.5 cups half and half
- 1 serving try build-a-meal
- 0.1 teaspoon salt
- 0.8 cup sugar
- 1.5 teaspoons vanilla bean paste

Equipment

- whisk
- blender
- plastic wrap

Directions

- Process all ingredients in a blender 30 seconds or until very smooth. Cover and chill at least 2 hours or up to 2 days.
- Pour mixture into freezer container of a 1 1/2-qt. electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times may vary.)
- Serve immediately, or transfer to an airtight container, and freeze up to 1 week.*Vanilla extract may be substituted.
Avocado-Key Lime Pie Ice Cream: Prepare recipe as directed, adding 1 1/2 medium-size ripe avocados, chopped; 1 tsp. Key lime zest; and 1/4 cup fresh Key lime juice with cream cheese in Step
- Stir 3/4 cup coarsely crumbled graham crackers into prepared ice cream. Freeze 1 hour before serving. THE COOKIE: White Chocolate-Macadamia Nut Cookies, soft-baked from your bakery, for towering ice-cream cookie sandwiches. Wrap the finished treats individually (and tightly) in plastic wrap, and keep on hand in the freezer for parties or snacks.
Lemon Meringue Ice Cream: Prepare recipe as directed.
- Whisk together 6 Tbsp. lemon curd, 2 Tbsp. sour cream, 2 tsp. lemon zest, and 1 Tbsp. lemon juice. Swirl lemon mixture and 6 crushed meringue cookies into prepared ice cream. Freeze 1 hour before serving. THE COOKIE: Gingersnaps, soft-baked from your bakery, for towering ice-cream cookie sandwiches. Wrap the finished treats individually (and tightly) in plastic wrap, and keep on hand in the freezer for parties or snacks.
Blueberry-Cheesecake Ice Cream: Prepare recipe as directed, adding 1/4 tsp. almond extract to cream cheese mixture in Step
- Mash together 1 cup fresh blueberries, 3 Tbsp. blueberry preserves, and 2 tsp. lemon zest. Stir mixture into prepared ice cream. Freeze 1 hour before serving. THE COOKIE: Snickerdoodles, soft-baked from your bakery, for towering ice-cream cookie sandwiches. Wrap the finished treats individually (and tightly) in plastic wrap, and keep on hand in the freezer for parties or snacks.
Strawberry-Pretzel Ice Cream: Prepare recipe as directed. Stir together 1 cup chopped fresh strawberries, 1/4 cup strawberry preserves, and 2 Tbsp. chopped fresh basil. Stir strawberry mixture and 3/4 cup crushed pretzel sticks into prepared ice cream. Freeze 1 hour before serving. THE COOKIE: Sugar cookies, soft-baked from your bakery, for towering ice-cream cookie sandwiches. Wrap the finished treats individually (and tightly) in plastic wrap, and keep on hand in the freezer for parties or snacks.

Nutrition Facts

PROTEIN 5.89% FAT 56.2% CARBS 37.91%

Properties

Glycemic Index:128.09, Glycemic Load:109.91, Inflammation Score:-10, Nutrition Score:26.15000004872%

Nutrients (% of daily need)

Calories: 1954.46kcal (97.72%), Fat: 124.24g (191.14%), Saturated Fat: 73.61g (460.09%), Carbohydrates: 188.57g (62.86%), Net Carbohydrates: 188.35g (68.49%), Sugar: 183.59g (203.98%), Cholesterol: 369.31mg (123.1%), Sodium: 1351.77mg (58.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.3g (58.6%), Vitamin A: 4529IU (90.58%), Vitamin B2: 1.46mg (86.1%), Calcium: 748.64mg (74.86%), Phosphorus: 695.84mg (69.58%), Selenium: 36.97µg (52.82%), Vitamin B12: 1.74µg (29.01%), Vitamin B5: 2.81mg (28.13%), Potassium: 950.89mg (27.17%), Zinc: 3.08mg (20.52%), Vitamin E: 2.96mg (19.71%), Magnesium: 71.2mg (17.8%), Vitamin B6: 0.36mg (17.79%), Vitamin B1: 0.22mg (14.7%), Vitamin D: 1.56µg (10.4%), Vitamin K: 9.9µg (9.43%), Folate: 37.45µg (9.36%), Copper: 0.12mg (6.06%), Manganese: 0.11mg (5.36%), Vitamin C: 3.27mg (3.96%), Vitamin B3: 0.77mg (3.83%), Iron: 0.61mg (3.38%)