



Cheesecake Ice Cream with Strawberry Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



291 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons milk
- ☐ 1 ounce chocolate dark with a vegetable peeler
- ☐ 6 teaspoons graham cracker crumbs fine
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 lemon zest divided
- ☐ 6 tablespoons cream cheese reduced-fat
- ☐ 1 cup cream sour reduced-fat
- ☐ 3 cups vanilla yogurt

- ☐ 0.8 pound strawberries halved
- ☐ 4 tablespoons sugar divided
- ☐ 1 teaspoon vanilla

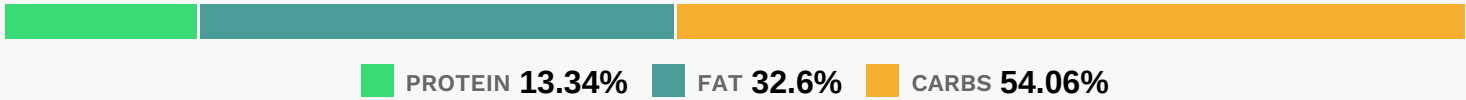
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a food processor, combine yogurt, sour cream, cream cheese, 2 tablespoons sugar, vanilla and zest of 1 lemon; process until smooth, 1 minute. Freeze in an airtight container until solid, 6 hours. In a small saucepan, bring to a boil strawberries, remaining 2 tablespoons sugar, 2 tablespoons water, juice and 1 teaspoon zest; reduce heat and simmer until strawberries soften, 5 minutes.
- ☐ Remove from heat and let cool. In a food processor, process frozen-yogurt mixture and milk until smooth and thick, 1 to 2 minutes. (If ice cream starts to melt, transfer to a bowl and freeze for 20 minutes.) Divide ice cream among 6 bowls. Top each with strawberry sauce, graham cracker crumbs and chocolate curls.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:34.52, Glycemic Load:9.95, Inflammation Score:-5, Nutrition Score:11.910869746105%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg, Catechin: 1.76mg Epigallocatechin:

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Nutrients (% of daily need)

Calories: 290.72kcal (14.54%), Fat: 10.71g (16.48%), Saturated Fat: 6.19g (38.69%), Carbohydrates: 39.96g (13.32%), Net Carbohydrates: 37.93g (13.79%), Sugar: 31.39g (34.87%), Cholesterol: 28.18mg (9.39%), Sodium: 203.61mg (8.85%), Alcohol: 0.23g (100%), Alcohol %: 0.11% (100%), Caffeine: 3.78mg (1.26%), Protein: 9.86g (19.72%), Vitamin C: 38.22mg (46.33%), Calcium: 311.18mg (31.12%), Phosphorus: 258.73mg (25.87%), Vitamin B2: 0.36mg (21.27%), Vitamin B12: 0.99µg (16.47%), Manganese: 0.32mg (16.02%), Potassium: 529.9mg (15.14%), Selenium: 8.53µg (12.18%), Magnesium: 46.81mg (11.7%), Zinc: 1.66mg (11.06%), Folate: 37.46µg (9.36%), Vitamin B5: 0.92mg (9.21%), Fiber: 2.04g (8.15%), Copper: 0.14mg (7.13%), Vitamin B1: 0.1mg (6.88%), Iron: 1.16mg (6.46%), Vitamin A: 276.1IU (5.52%), Vitamin B6: 0.11mg (5.48%), Vitamin B3: 0.65mg (3.26%), Vitamin E: 0.38mg (2.55%), Vitamin K: 2.08µg (1.98%)