



Cranberry Goat Cheese Ice Cream



Gluten Free

READY IN



120 min.

SERVINGS



2

CALORIES



628 kcal

DESSERT

Ingredients

- ☐ 12 ounces cranberries (1 bag)
- ☐ 1.5 cups half and half
- ☐ 1 orange juice
- ☐ 0.8 teaspoon kosher salt divided
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.5 teaspoon maraschino liqueur fruity (or other liquor)
- ☐ 1 orange zest
- ☐ 0.8 cup sugar divided

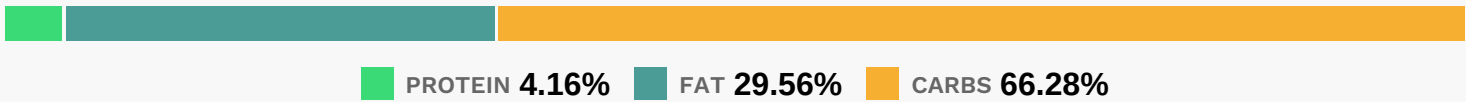
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ spatula

Directions

- ☐ In a blender, combine half and half, chevre, 1/2 cup sugar, 1/2 teaspoon salt, and lemon zest. Purée until very smooth, then transfer to a container and chill in refrigerator until very cold. Clean out blender.
- ☐ Combine cranberries, 1/4 cup sugar, 1/4 teaspoon salt, and orange juice in a saucepan. Bring to a boil and cook at a moderate simmer until berries pop and soften to a jam-like consistency.
- ☐ Transfer mixture to blender. If blender lid comes with a plug for center feed tube, remove the plug and cover with several folds of paper towel (this will allow you to blend hot liquids without creating a blender explosion). Blend until smooth, then pour through a fine-mesh strainer into a container, preferably with a spout. Do not push cranberry mixture through strainer (fibers will get pushed through), but shake it back and forth. Stir in orange zest and maraschino, then chill for several hours until very cold.
- ☐ Churn goat cheese ice cream according to manufacturer's instructions.
- ☐ Transfer to a large chilled bowl and very quickly fold in cranberry syrup with a large rubber spatula. Quickly transfer to a container to freeze for two to three hours before serving.

Nutrition Facts



Properties

Glycemic Index:83.55, Glycemic Load:60.38, Inflammation Score:-8, Nutrition Score:13.861304500829%

Flavonoids

Cyanidin: 78.98mg, Cyanidin: 78.98mg, Cyanidin: 78.98mg, Cyanidin: 78.98mg Delphinidin: 13.05mg, Delphinidin: 13.05mg, Delphinidin: 13.05mg, Delphinidin: 13.05mg Malvidin: 0.75mg, Malvidin: 0.75mg, Malvidin: 0.75mg, Malvidin: 0.75mg Pelargonidin: 0.54mg, Pelargonidin: 0.54mg, Pelargonidin: 0.54mg, Pelargonidin: 0.54mg Peonidin: 83.62mg, Peonidin: 83.62mg, Peonidin: 83.62mg, Peonidin: 83.62mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg, Epigallocatechin: 1.26mg Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg, Epicatechin: 7.43mg Epigallocatechin 3–gallate: 1.65mg, Epigallocatechin 3–gallate: 1.65mg, Epigallocatechin 3–gallate: 1.65mg, Epigallocatechin 3–gallate: 1.65mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 11.29mg, Myricetin: 11.29mg, Myricetin: 11.29mg, Myricetin: 11.29mg Quercetin: 25.32mg, Quercetin: 25.32mg, Quercetin: 25.32mg, Quercetin: 25.32mg

Nutrients (% of daily need)

Calories: 627.58kcal (31.38%), Fat: 21.41g (32.93%), Saturated Fat: 12.78g (79.89%), Carbohydrates: 108.02g (36.01%), Net Carbohydrates: 101.15g (36.78%), Sugar: 92.55g (102.83%), Cholesterol: 63.53mg (21.17%), Sodium: 987.43mg (42.93%), Alcohol: 0.5g (100%), Alcohol %: 0.14% (100%), Protein: 6.77g (13.54%), Vitamin C: 49.25mg (59.7%), Manganese: 0.62mg (31.18%), Fiber: 6.87g (27.49%), Vitamin B2: 0.42mg (24.42%), Calcium: 222.73mg (22.27%), Phosphorus: 197.56mg (19.76%), Vitamin E: 2.73mg (18.18%), Vitamin A: 830.02IU (16.6%), Potassium: 450.86mg (12.88%), Vitamin B5: 1.11mg (11.14%), Vitamin B6: 0.21mg (10.56%), Vitamin K: 10.89µg (10.38%), Selenium: 6.52µg (9.32%), Magnesium: 33.07mg (8.27%), Vitamin B1: 0.11mg (7.29%), Copper: 0.14mg (6.83%), Zinc: 0.9mg (6.01%), Vitamin B12: 0.34µg (5.75%), Folate: 18.01µg (4.5%), Iron: 0.64mg (3.55%), Vitamin B3: 0.55mg (2.73%)