



Cream Cheese Ice Cream



Vegetarian



Gluten Free

READY IN



565 min.

SERVINGS



25

CALORIES



99 kcal

DESSERT

Ingredients

- ☐ 8 oz cream cheese cubed softened
- ☐ 2 egg yolks
- ☐ 3 cups half-and-half
- ☐ 1.3 cups powdered sugar
- ☐ 2 teaspoons vanilla extract

Equipment

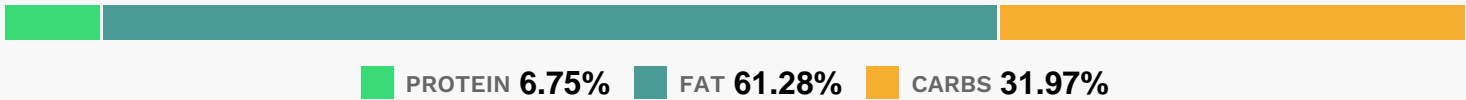
- ☐ sauce pan
- ☐ whisk

☐ plastic wrap

Directions

- ☐ Whisk together first 3 ingredients in a large heavy saucepan. Cook over medium heat, whisking constantly, 8 to 10 minutes or until mixture thickens slightly.
- ☐ Remove from heat, and whisk in cream cheese and vanilla bean paste until cheese is melted. Cool completely (about 1 hour), stirring occasionally.
- ☐ Place plastic wrap directly on mixture (to prevent a film from forming), and chill 8 to 24 hours.
- ☐ 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.)
- ☐ Transfer ice cream to an airtight container. Freeze 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:1.08, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.5656521569775%

Nutrients (% of daily need)

Calories: 99.37kcal (4.97%), Fat: 6.84g (10.53%), Saturated Fat: 4.01g (25.07%), Carbohydrates: 8.03g (2.68%), Net Carbohydrates: 8.03g (2.92%), Sugar: 7.66g (8.51%), Cholesterol: 34.88mg (11.63%), Sodium: 47.01mg (2.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.39%), Vitamin B2: 0.09mg (5.06%), Vitamin A: 245.4IU (4.91%), Phosphorus: 42.91mg (4.29%), Calcium: 41.79mg (4.18%), Selenium: 2.55µg (3.65%), Vitamin B5: 0.18mg (1.79%), Vitamin B12: 0.1µg (1.72%), Potassium: 52mg (1.49%), Zinc: 0.19mg (1.28%), Vitamin E: 0.19mg (1.25%), Vitamin B6: 0.02mg (1.23%)