



Creamy Sweet Corn-Ice Cream Cake

READY IN



270 min.

SERVINGS



16

CALORIES



288 kcal

DESSERT

Ingredients

- 0.3 cup butter melted
- 7 cups ears corn on the cob divided
- 8 oz philadelphia cream cheese softened
- 0.3 cup sugar
- 2 tsp vanilla
- 6 cups whipped cream softened
- 1.3 cups vanilla wafers crushed finely
- 4 cups water

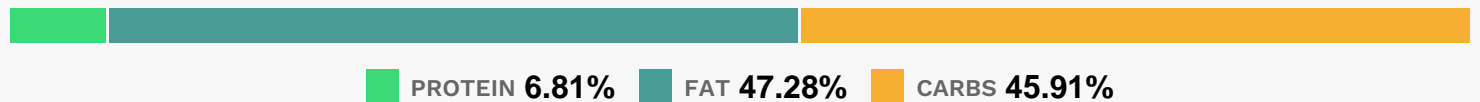
Equipment

- bowl
- frying pan
- sauce pan
- knife
- blender
- springform pan

Directions

- Mix wafer crumbs and butter; press onto bottom of 9-inch springform pan.
- Bring water and sugar to boil in medium saucepan. Stir in 6 cups corn; cook 5 min.
- Drain, reserving 3/4 cup of the cooking water.
- Add reserved water and corn to blender; cool 5 min., then blend until smooth. Strain; discard strained liquid.
- Beat cream cheese and vanilla in large bowl with mixer until well blended.
- Add ice cream; mix well. Stir in corn puree; pour over crust. Freeze 4 hours or until firm. Meanwhile, cook and stir remaining uncooked corn kernels in medium skillet on high heat 10 min. or until lightly browned. Cool completely.
- Run knife around edge of pan to loosen dessert; remove rim. Top dessert with roasted corn just before serving.

Nutrition Facts



Properties

Glycemic Index:17.82, Glycemic Load:14.37, Inflammation Score:-5, Nutrition Score:6.1695652837339%

Nutrients (% of daily need)

Calories: 287.96kcal (14.4%), Fat: 15.66g (24.09%), Saturated Fat: 8.78g (54.85%), Carbohydrates: 34.21g (11.4%), Net Carbohydrates: 32.47g (11.81%), Sugar: 21.08g (23.42%), Cholesterol: 43.81mg (14.6%), Sodium: 156.32mg

(6.8%), Alcohol: 0.18g (100%), Alcohol %: 0.11% (100%), Protein: 5.08g (10.15%), Phosphorus: 128.33mg (12.83%), Vitamin B2: 0.21mg (12.33%), Vitamin A: 606.03IU (12.12%), Vitamin B1: 0.16mg (10.71%), Folate: 38.57µg (9.64%), Potassium: 297.89mg (8.51%), Vitamin B5: 0.83mg (8.27%), Calcium: 81.09mg (8.11%), Magnesium: 32.4mg (8.1%), Vitamin B3: 1.44mg (7.18%), Fiber: 1.74g (6.97%), Vitamin C: 4.61mg (5.59%), Manganese: 0.11mg (5.51%), Zinc: 0.71mg (4.76%), Vitamin B6: 0.09mg (4.55%), Vitamin B12: 0.23µg (3.84%), Selenium: 2.54µg (3.64%), Copper: 0.06mg (2.91%), Vitamin E: 0.4mg (2.65%), Iron: 0.39mg (2.18%)