




 **13%**  
HEALTH SCORE

# Sweet Corn and Black Raspberry Ice Cream


 Vegetarian  Gluten Free

READY IN




**60 min.**

SERVINGS



**2**

CALORIES



**1388 kcal**

DESSERT

## Ingredients

- 2 tablespoons plus light
- 1 tablespoon cornstarch
- 3 tablespoons cream cheese softened
- 1 ears corn sweet husked
- 1.3 cups cup heavy whipping cream
- 2 cups raspberries black
- 2 servings raspberry sauce black
- 0.3 teaspoon sea salt fine

- 1 cup sugar
- 2 cups milk whole

## Equipment

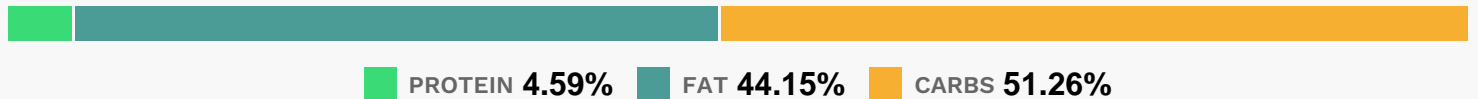
- bowl
- sauce pan
- knife
- whisk
- sieve
- spatula

## Directions

- Combine the berries and sugar in a small saucepan and bring to a boil over medium-high heat. Continue boiling, stirring occasionally, until it reaches 220°F (5 to 8 minutes).
- Let cool slightly, then force through a sieve to remove the seeds. (Or leave a few seeds in there just to prove you made it.) Refrigerate until cold before using.
- Sweet Corn Ice Cream: Slice the kernels from the corn cob, then “milk” the cob by scraping it with the back of your knife to extract the liquid; reserve the kernels and liquid.
- Mix about 2 tablespoons of the milk with the cornstarch in a small bowl to make a smooth slurry.
- Whisk the cream cheese and salt in a medium bowl until smooth. Fill a large bowl with ice and water.
- Combine the remaining milk, the cream, sugar, corn and juices, and corn syrup in a 4-quart saucepan, bring to a rolling boil over medium-high heat, and boil for 4 minutes.
- Remove from the heat and force the mixture through a sieve into a bowl, leaving the corn “cases” behind. Return the mixture to the saucepan and gradually whisk in the cornstarch slurry. Bring back to a boil over medium-high heat and cook, stirring with a heatproof spatula, until slightly thickened, about 1 minute.
- Remove from the heat.
- Gradually whisk the hot milk mixture into the cream cheese until smooth.

- Pour the mixture into a 1-gallon Ziploc freezer bag and submerge the sealed bag in the ice bath.
- Let stand, adding more ice as necessary, until cold, about 30 minutes.
- Pour the ice cream base into the frozen canister and spin until thick and creamy. Pack the ice cream into a storage container, alternating it with layers of the black raspberry sauce and ending with a spoonful of sauce; do not mix. Press a sheet of parchment directly against the surface, and seal with an airtight lid. Freeze in the coldest part of your freezer until firm, at least 4 hours.

## Nutrition Facts



### Properties

Glycemic Index:90.05, Glycemic Load:79.36, Inflammation Score:-9, Nutrition Score:26.027391122735%

### Flavonoids

Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg, Cyanidin: 54.92mg Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg, Petunidin: 0.37mg Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg, Delphinidin: 1.58mg Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg, Malvidin: 0.16mg Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg, Pelargonidin: 1.18mg Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg, Peonidin: 0.14mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg, Epigallocatechin: 0.55mg Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg, Epicatechin: 4.22mg Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg, Epigallocatechin 3-gallate: 0.65mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg, Quercetin: 1.26mg

### Nutrients (% of daily need)

Calories: 1388.4kcal (69.42%), Fat: 70.78g (108.89%), Saturated Fat: 43.32g (270.72%), Carbohydrates: 184.86g (61.62%), Net Carbohydrates: 175.85g (63.95%), Sugar: 152.13g (169.03%), Cholesterol: 219.34mg (73.11%), Sodium: 522.79mg (22.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.56g (33.13%), Vitamin A: 3004.6IU (60.09%), Vitamin C: 40.6mg (49.21%), Manganese: 0.96mg (48.07%), Calcium: 456.69mg (45.67%), Vitamin B2: 0.76mg (44.99%), Phosphorus: 433.26mg (43.33%), Fiber: 9g (36.01%), Vitamin D: 5.06µg (33.76%), Vitamin B12: 1.6µg (26.72%), Potassium: 860.5mg (24.59%), Magnesium: 86.57mg (21.64%), Vitamin B5: 2.15mg (21.49%), Vitamin B1: 0.3mg (19.78%), Vitamin E: 2.79mg (18.61%), Selenium: 12.65µg (18.07%), Vitamin B6: 0.33mg (16.27%), Zinc: 2.31mg (15.4%), Vitamin K: 15.71µg (14.96%), Folate: 54.29µg (13.57%), Vitamin B3: 1.95mg (9.73%), Copper: 0.18mg (8.82%), Iron: 1.41mg (7.85%)