




## Goat Cheese Ice Cream with Roasted Red Cherries

 Vegetarian  Gluten Free

READY IN



240 min.

SERVINGS



2

CALORIES



1403 kcal

DESSERT

### Ingredients

- 2 cups cherries fresh black red thawed pitted (not )
- 2 servings cherries
- 0.3 cup plus light
- 2 teaspoons cornstarch
- 3 tablespoons cream cheese softened
- 4 ounces goat cheese fresh
- 1.3 cups cup heavy whipping cream

- 0.3 teaspoon sea salt fine
- 0.7 cup sugar
- 2 cups milk whole

## Equipment

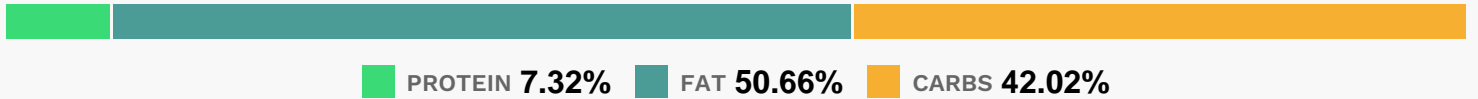
- bowl
- sauce pan
- oven
- whisk
- baking pan
- spatula

## Directions

- For the Roasted Cherries: Preheat the oven to 400°F.
- Combine the cherries, sugar, and cornstarch in a 9-inch square baking dish, tossing to mix. Roast for 30 to 45 minutes, until the juices are thickened and bubbly, stirring every 15 minutes.
- Let cool completely, then chill in the refrigerator.
- Mix about 2 tablespoons of the milk with the cornstarch in a small bowl to make a smooth slurry.
- Whisk the goat cheese, 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, 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 gradually whisk in the cornstarch slurry. Bring the mixture back to a boil over medium-high heat and cook, stirring with a rubber spatula, until slightly thickened, about 1 minute.
- Remove from the heat.
- Gradually whisk the hot milk mixture into the cream cheese mixture 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 cherries and ending with a spoonful of cherries; 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:88.05, Glycemic Load:61.7, Inflammation Score:-10, Nutrition Score:26.823912972989%

### Flavonoids

Cyanidin: 75.84mg, Cyanidin: 75.84mg, Cyanidin: 75.84mg, Cyanidin: 75.84mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg, Peonidin: 3mg Catechin: 6.41mg, Catechin: 6.41mg, Catechin: 6.41mg, Catechin: 6.41mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 10.94mg, Epicatechin: 10.94mg, Epicatechin: 10.94mg, Epicatechin: 10.94mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg, Isorhamnetin: 0.81mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg, Quercetin: 4.72mg

### Nutrients (% of daily need)

Calories: 1402.58kcal (70.13%), Fat: 81.83g (125.89%), Saturated Fat: 51.53g (322.07%), Carbohydrates: 152.73g (50.91%), Net Carbohydrates: 148.12g (53.86%), Sugar: 143.34g (159.26%), Cholesterol: 245.42mg (81.81%), Sodium: 730.88mg (31.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.59g (53.17%), Vitamin A: 4870.8IU (97.42%), Vitamin B2: 0.98mg (57.76%), Phosphorus: 546.25mg (54.62%), Calcium: 539.88mg (53.99%), Vitamin D: 5.29µg (35.27%), Copper: 0.63mg (31.74%), Potassium: 1041.63mg (29.76%), Vitamin B12: 1.71µg (28.52%), Vitamin C: 20.99mg (25.45%), Vitamin B6: 0.47mg (23.44%), Vitamin B5: 2.22mg (22.25%), Vitamin B1: 0.3mg (20.33%), Selenium: 13.31µg (19.02%), Magnesium: 75.89mg (18.97%), Fiber: 4.61g (18.42%), Zinc: 2.38mg (15.9%), Manganese: 0.29mg (14.41%), Vitamin E: 1.95mg (13%), Iron: 2.13mg (11.83%), Vitamin K: 12.07µg (11.5%), Folate: 28.55µg (7.14%), Vitamin B3: 1.24mg (6.21%)