



## Goat Cheese Ice Cream with Roasted Red Cherries

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1359 kcal

DESSERT

### Ingredients

- 2 servings roasted cherries
- 0.3 cup plus light
- 1 tablespoon cornstarch
- 3 tablespoons cream cheese softened
- 4 ounces goat cheese fresh
- 1.3 cups heavy cream
- 0.3 teaspoon sea salt fine

- 0.7 cup sugar
- 2 cups milk whole

## Equipment

- bowl
- sauce pan
- whisk
- spatula

## Directions

- Prep
- 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.
- Cook
- 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.
- Chill
- 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.
- Freeze
- 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.

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## Nutrition Facts

**PROTEIN 7.28%** **FAT 52.26%** **CARBS 40.46%**

### Properties

Glycemic Index:88.05, Glycemic Load:61.7, Inflammation Score:-9, Nutrition Score:23.159565282905%

### Flavonoids

Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg, Cyanidin: 42.29mg Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg, Pelargonidin: 0.38mg Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg, Peonidin: 2.1mg Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg, Catechin: 6.1mg Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg, Epigallocatechin: 0.48mg Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg, Epicatechin: 7mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg, Quercetin: 3.21mg

### Nutrients (% of daily need)

Calories: 1358.7kcal (67.93%), Fat: 81.52g (125.42%), Saturated Fat: 51.46g (321.64%), Carbohydrates: 142.01g (47.34%), Net Carbohydrates: 139.03g (50.56%), Sugar: 134.59g (149.55%), Cholesterol: 245.42mg (81.81%), Sodium: 727.97mg (31.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.56g (51.12%), Vitamin A: 3549.31IU (70.99%), Vitamin B2: 0.94mg (55.34%), Phosphorus: 531.06mg (53.11%), Calcium: 523.44mg (52.34%), Vitamin D: 5.29µg (35.27%), Vitamin B12: 1.71µg (28.52%), Copper: 0.53mg (26.43%), Potassium: 863.5mg (24.67%), Vitamin B6: 0.42mg (21.17%), Vitamin B5: 2.08mg (20.78%), Selenium: 13.37µg (19.1%), Vitamin B1: 0.27mg (18.27%), Magnesium: 66.68mg (16.67%), Zinc: 2.28mg (15.22%), Vitamin C: 10.69mg (12.96%), Vitamin E: 1.88mg (12.52%), Fiber: 2.98g (11.9%), Iron: 1.81mg (10.05%), Vitamin K: 9.91µg (9.44%), Manganese: 0.17mg (8.69%), Folate: 20.31µg (5.08%), Vitamin B3: 0.83mg (4.15%)