



## Goat Cheese-Strawberry Ice Cream

 Vegetarian  Gluten Free

READY IN



165 min.

SERVINGS



6

CALORIES



633 kcal

DESSERT

### Ingredients

- 1 cup strawberries fresh sliced
- 2 tablespoons brown sugar packed
- 0.5 teaspoon ancho chili pepper
- 3 cups whipping cream
- 1 cup milk whole
- 4 oz goat cheese softened (goat)
- 1 cup sugar
- 1 teaspoon vanilla

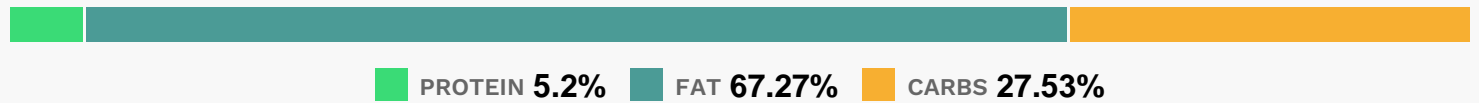
## Equipment

- bowl
- whisk
- potato masher

## Directions

- In small bowl, place strawberries; sprinkle with brown sugar and chile pepper powder.
- Let stand 30 minutes.
- Meanwhile, in large bowl, stir half-and-half, milk, cheese, sugar and vanilla with whisk.
- Pour into ice-cream freezer and freeze according to manufacturer's directions.
- Mash strawberries with potato masher; swirl into ice cream.
- Transfer to freezer container. Cover; freeze 2 hours or until serving time.

## Nutrition Facts



## Properties

Glycemic Index:24.68, Glycemic Load:24.54, Inflammation Score:-8, Nutrition Score:9.4826086552247%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

## Nutrients (% of daily need)

Calories: 633.36kcal (31.67%), Fat: 48.45g (74.53%), Saturated Fat: 30.89g (193.05%), Carbohydrates: 44.62g (14.87%), Net Carbohydrates: 44.02g (16.01%), Sugar: 44.17g (49.08%), Cholesterol: 148.04mg (49.35%), Sodium: 119.26mg (5.19%), Alcohol: 0.23g (100%), Alcohol %: 0.12% (100%), Protein: 8.42g (16.85%), Vitamin A: 2122.09IU (42.44%), Vitamin B2: 0.37mg (21.7%), Vitamin C: 14.95mg (18.13%), Phosphorus: 165.09mg (16.51%), Calcium: 162.77mg (16.28%), Vitamin D: 2.43µg (16.18%), Copper: 0.17mg (8.45%), Vitamin E: 1.23mg (8.21%), Selenium: 5.23µg (7.47%), Vitamin B12: 0.45µg (7.43%), Potassium: 230.34mg (6.58%), Vitamin B6: 0.13mg (6.51%), Vitamin B5: 0.62mg (6.23%), Manganese: 0.12mg (6.16%), Magnesium: 20.16mg (5.04%), Vitamin K: 5.24µg (4.99%), Zinc: 0.67mg (4.46%), Vitamin B1: 0.07mg (4.4%), Iron: 0.65mg (3.6%), Folate: 13.04µg (3.26%), Fiber: 0.6g (2.39%), Vitamin B3: 0.34mg (1.68%)