

Mahón Cheese Ice Cream

 Vegetarian  Gluten Free

READY IN



420 min.

SERVINGS



2

CALORIES



977 kcal

DESSERT

Ingredients

- 4 ounces cream cheese softened
- 3 large eggs
- 1 cup fontina spanish grated
- 0.5 cup sugar
- 0.5 teaspoon vanilla
- 3 cups milk whole

Equipment

- bowl

- sauce pan
- whisk
- sieve
- wooden spoon
- kitchen thermometer
- wax paper
- ice cream machine

Directions

- Bring milk just to a boil in a 1 1/2- to 2-quart heavy saucepan.
- Whisk together eggs, sugar, and a pinch of salt in a bowl, then add hot milk in a slow stream, whisking.
- Pour custard back into saucepan and cook over moderately low heat, stirring with a wooden spoon, until it registers 170 to 175°F on thermometer, 2 to 3 minutes. Immediately pour custard through a fine-mesh sieve into a clean bowl, then add cheeses and vanilla, stirring until cheeses are completely melted and incorporated. Cover surface of custard with a round of wax paper and chill until very cold, about 4 hours.
- Freeze custard in ice cream maker.
- Transfer ice cream to an airtight container and put in freezer to harden, at least 2 hours.
- Let soften at room temperature 20 minutes before serving.
- Ice cream can be made 1 week ahead.

Nutrition Facts



PROTEIN 16.98% **FAT 53.91%** **CARBS 29.11%**

Properties

Glycemic Index:81.05, Glycemic Load:42.52, Inflammation Score:-8, Nutrition Score:27.877826276033%

Nutrients (% of daily need)

Calories: 977.42kcal (48.87%), Fat: 59.04g (90.82%), Saturated Fat: 33.28g (208%), Carbohydrates: 71.71g (23.9%), Net Carbohydrates: 71.71g (26.08%), Sugar: 71.06g (78.96%), Cholesterol: 456.75mg (152.25%), Sodium: 952.21mg

(41.4%), Alcohol: 0.34g (100%), Alcohol %: 0.07% (100%), Protein: 41.84g (83.68%), Calcium: 910.79mg (91.08%), Phosphorus: 807.25mg (80.72%), Vitamin B2: 1.12mg (66.08%), Vitamin B12: 3.88µg (64.62%), Selenium: 44.73µg (63.89%), Vitamin A: 2361.97IU (47.24%), Vitamin D: 5.92µg (39.48%), Zinc: 5.07mg (33.78%), Vitamin B5: 3.12mg (31.22%), Potassium: 772.06mg (22.06%), Vitamin B6: 0.44mg (21.88%), Vitamin B1: 0.26mg (17.46%), Magnesium: 67.38mg (16.85%), Folate: 44.31µg (11.08%), Vitamin E: 1.64mg (10.91%), Iron: 1.55mg (8.63%), Copper: 0.09mg (4.43%), Vitamin K: 4.23µg (4.03%), Vitamin B3: 0.6mg (2.98%), Manganese: 0.06mg (2.77%)