



Scooped: Cream Cheese and Guava Swirl Ice Cream



Vegetarian



Gluten Free

READY IN



120 min.

SERVINGS



2

CALORIES



1103 kcal

DESSERT

Ingredients

- ☐ 8 oz cream cheese softened
- ☐ 1 cup guava canned ()
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 2 tablespoons juice of lemon
- ☐ 0.8 cup milk
- ☐ 0.1 tsp salt
- ☐ 0.8 cup sugar

☐ 1 cup water

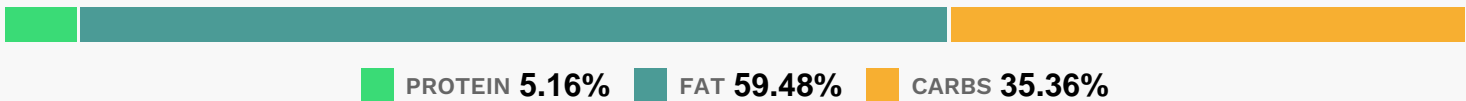
Equipment

- ☐ sauce pan
- ☐ blender
- ☐ ice cream machine

Directions

- ☐ Heat guava paste with 1/4 cup water in a small saucepan over low heat, stirring occasionally. The paste will become more liquid as it heats, so add additional water slowly, until mixture is pourable, about the viscosity of maple syrup. Chill in fridge.
- ☐ Meanwhile, combine cream cheese, milk, sugar, lemon juice and salt in blender jar. Blend on high speed until completely dissolved.
- ☐ Add cream and blend until just mixed (too much blending can over- whip the cream).
- ☐ Spin the cream cheese ice cream base in ice cream machine (if you don't have one, use Kenji's awesome alternative).
- ☐ Transfer ice cream to pint or quart-sized containers, alternating scoops of ice cream with small ladlefuls of of guava syrup. Try to stack unevenly, so syrup gets distributed throughout the container, using a fork or spoon to force guava paste into uneven spots by sticking in and out three to four times.
- ☐ Refreeze containers until desired consistency is reached.
- ☐ Serve with a little fine-ground coffee or espresso and a touch of cinnamon sprinkled on top.

Nutrition Facts



Properties

Glycemic Index:100.05, Glycemic Load:60.44, Inflammation Score:-10, Nutrition Score:21.010000177052%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg,

Naringenin: 0.21mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 1103.39kcal (55.17%), Fat: 75.22g (115.72%), Saturated Fat: 45.37g (283.54%), Carbohydrates: 100.6g (33.53%), Net Carbohydrates: 96.1g (34.95%), Sugar: 93.86g (104.29%), Cholesterol: 226.36mg (75.45%), Sodium: 568.74mg (24.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.67g (29.33%), Vitamin C: 194.44mg (235.69%), Vitamin A: 3498.84IU (69.98%), Vitamin B2: 0.6mg (35.55%), Calcium: 301.58mg (30.16%), Phosphorus: 299.72mg (29.97%), Selenium: 15.13µg (21.61%), Potassium: 732.73mg (20.94%), Fiber: 4.5g (18%), Vitamin E: 2.47mg (16.45%), Vitamin D: 2.43µg (16.23%), Vitamin B5: 1.61mg (16.07%), Vitamin B12: 0.89µg (14.77%), Folate: 57.2µg (14.3%), Vitamin B6: 0.25mg (12.41%), Copper: 0.25mg (12.38%), Magnesium: 47.67mg (11.92%), Vitamin B1: 0.15mg (10.27%), Zinc: 1.37mg (9.16%), Manganese: 0.15mg (7.3%), Vitamin K: 7.66µg (7.29%), Vitamin B3: 1.16mg (5.81%), Iron: 0.48mg (2.66%)