



Strawberry Cheesecake Ice Cream

 Gluten Free

READY IN



105 min.

SERVINGS



2

CALORIES



1249 kcal

DESSERT

Ingredients

- 0.5 cup spiced cookie butter
- 8 ounces cream cheese
- 1 cup granulated sugar
- 1 tablespoon juice of lemon freshly squeezed (from 2 medium lemons)
- 1.5 teaspoons lemon zest finely grated (from 1 medium lemon)
- 8 ounces strawberries washed hulled cut into large dice
- 1 cup milk whole

Equipment

- bowl
- frying pan
- baking sheet
- sauce pan
- baking paper
- blender
- potato masher
- spatula
- ice cream machine

Directions

- Spread the cookie butter on a sheet of parchment paper using an offset or rubber spatula, shaping it into a roughly 10-by-6-inch rectangle.
- Transfer the parchment to a baking sheet and place it in the freezer until the cookie butter is stiff and pieces easily tear off, at least 2 hours. (It will not be completely frozen.) Meanwhile, place the strawberries and 1/3 cup of the sugar in a small, nonreactive saucepan and stir to coat the strawberries with the sugar. Mash with a potato masher until about half of the strawberries are completely smashed but some medium-sized chunks remain, about 1 minute.
- Place the pan over high heat and cook, stirring occasionally, until bubbles form along the edge, about 3 minutes. Skim any foam from the surface of the sauce with a spoon and discard.
- Add 1/2 teaspoon of the lemon zest and 1 1/2 teaspoons of the lemon juice and stir to combine. Bring to a full boil, cooking until foam coats the surface, about 1 minute.
- Remove from the heat and skim and discard the foam.
- Transfer the sauce to a medium heatproof bowl and let it cool to room temperature, about 45 minutes. Cover and refrigerate until completely chilled, at least 1 hour. When the cookie butter and strawberries are ready, place the remaining teaspoon of lemon zest, the remaining tablespoon of lemon juice, the remaining 2/3 cup of sugar, the milk, and the cream cheese in a blender and blend until smooth. Immediately freeze in an ice cream maker according to the manufacturer's directions. Keep the ice cream in the bowl of the ice cream maker.

- Remove the cookie butter from the freezer, tear it into rough 1- to 2-inch pieces, and fold them into the finished ice cream with a rubber spatula. (Work quickly, as the cookie butter will soften and be difficult to handle as it warms up.)
- Add the chilled strawberry sauce and fold just until a thick swirl is visible.
- Serve immediately for a soft ice cream, or transfer the ice cream to an airtight container and freeze until solid. Allow the ice cream to sit at room temperature for 15 minutes before serving if frozen solid. The ice cream can be kept for up to 2 weeks.

Nutrition Facts

PROTEIN 4.92%

FAT 47.35%

CARBS 47.73%

Properties

Glycemic Index:87.55, Glycemic Load:76.24, Inflammation Score:-8, Nutrition Score:16.507391359495%

Flavonoids

Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg, Cyanidin: 1.91mg Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg, Petunidin: 0.12mg Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg, Delphinidin: 0.35mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg, Pelargonidin: 28.18mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg, Catechin: 3.53mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg, Epicatechin 3-gallate: 0.17mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg, Quercetin: 1.29mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 1248.62kcal (62.43%), Fat: 67.25g (103.47%), Saturated Fat: 31.1g (194.44%), Carbohydrates: 152.57g (50.86%), Net Carbohydrates: 150.12g (54.59%), Sugar: 135.44g (150.49%), Cholesterol: 129.17mg (43.06%), Sodium: 404.73mg (17.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.72g (31.45%), Vitamin C: 71.52mg (86.69%), Vitamin A: 1735.38IU (34.71%), Calcium: 281.66mg (28.17%), Vitamin B2: 0.48mg (27.97%), Phosphorus: 272.55mg (27.26%), Manganese: 0.46mg (23%), Selenium: 13.14µg (18.77%), Vitamin B12: 0.91µg (15.14%), Potassium: 518.31mg (14.81%), Vitamin B5: 1.26mg (12.58%), Magnesium: 40.26mg (10.07%), Vitamin B6: 0.2mg (9.86%), Fiber:

2.45g (9.8%), Folate: 39.12µg (9.78%), Vitamin E: 1.38mg (9.2%), Vitamin D: 1.34µg (8.95%), Vitamin B1: 0.12mg (8.29%), Zinc: 1.24mg (8.29%), Vitamin K: 5.24µg (4.99%), Copper: 0.09mg (4.28%), Iron: 0.66mg (3.65%), Vitamin B3: 0.68mg (3.41%)