



Strawberry Cheesecake Ice Cream

 Vegetarian

READY IN



740 min.

SERVINGS



8

CALORIES



328 kcal

Ingredients

- 8 ounce cream cheese softened ()
- 14 ounce condensed milk sweetened canned
- 0.3 cup cup heavy whipping cream
- 2 teaspoons lemon zest grated
- 12 ounces strawberries fresh (from a 2-pint container)
- 3 graham crackers

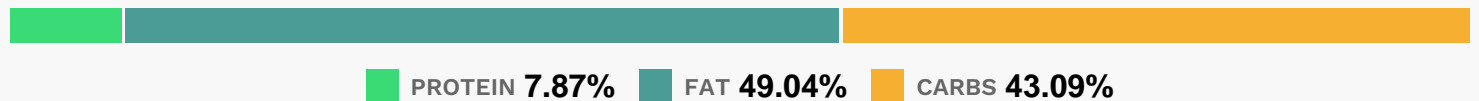
Equipment

- blender

Directions

- Beat the cream cheese, sweetened condensed milk, cream, and lemon zest with a mixer on medium speed until well blended. Scrape it into a resealable container and freeze until almost solid, about 4 hours.
- Purée the berries in a blender until smooth. Beat the frozen cream cheese mixture with the mixer until creamy.
- Add the strawberries to the cream cheese mixture along with the graham crumbs and stir with a spoon to combine. If you want to evenly distribute the strawberries and grahams you can, or you can simply stir them in a little to create swirls. Return the ice cream to the resealable container and freeze until firm, about 8 hours or so.
- Remove the ice cream from the freezer about 15 minutes before serving and let stand at room temperature to soften slightly. Scoop and...well, certainly you know what to do.

Nutrition Facts



Properties

Glycemic Index:25.25, Glycemic Load:20.68, Inflammation Score:-5, Nutrition Score:8.1999999336574%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 10.57mg, Pelargonidin: 10.57mg, Pelargonidin: 10.57mg, Pelargonidin: 10.57mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg, Catechin: 1.32mg Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg, Epigallocatechin: 0.33mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg, Epicatechin 3-gallate: 0.06mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 328.3kcal (16.41%), Fat: 18.3g (28.16%), Saturated Fat: 10.82g (67.62%), Carbohydrates: 36.18g (12.06%), Net Carbohydrates: 35.1g (12.76%), Sugar: 31.65g (35.17%), Cholesterol: 56.71mg (18.9%), Sodium: 189.75mg (8.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.61g (13.22%), Vitamin C: 27mg (32.73%), Calcium: 186.56mg (18.66%), Vitamin B2: 0.31mg (18.39%), Phosphorus: 182.47mg (18.25%), Selenium: 10.25µg (14.65%), Vitamin A: 664.33IU (13.29%), Potassium: 306.06mg (8.74%), Manganese: 0.17mg (8.52%), Magnesium: 24.85mg (6.21%), Vitamin B5: 0.61mg (6.14%), Zinc: 0.79mg (5.3%), Folate: 21.09µg (5.27%), Vitamin B1: 0.08mg (5.04%), Vitamin B12: 0.3µg (4.94%), Fiber: 1.08g (4.33%), Vitamin E: 0.54mg (3.59%), Vitamin B6: 0.07mg (3.54%), Iron: 0.53mg (2.95%), Vitamin B3: 0.5mg (2.5%), Vitamin K: 2.15µg (2.04%), Copper: 0.04mg (1.8%), Vitamin D: 0.26µg (1.72%)