



Strawberry Cheesecake Ice Cream

 Vegetarian

READY IN



740 min.

SERVINGS



20

CALORIES



129 kcal

Ingredients

- 8 oz philadelphia cream cheese softened
- 3 graham crackers coarsely chopped
- 2 tsp lemon zest
- 1.5 cups strawberries fresh
- 14 oz condensed milk sweetened canned
- 0.3 cup whipping cream

Equipment

- bowl
- blender

Directions

- Beat first 4 ingredients with mixer in large freezerproof bowl until blended. Freeze 4 hours.
- Beat cream cheese mixture with mixer until creamy. Blend strawberries in blender until smooth.
- Add to cream cheese mixture; mix well. Stir in chopped grahams.
- Freeze 8 hours or until firm.
- Let dessert stand at room temperature about 15 min. before serving to soften slightly.

Nutrition Facts

PROTEIN 7.88% **FAT 49.75%** **CARBS 42.37%**

Properties

Glycemic Index:10.1, Glycemic Load:8.13, Inflammation Score:-2, Nutrition Score:2.9152174125547%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.68mg, Pelargonidin: 2.68mg, Pelargonidin: 2.68mg, Pelargonidin: 2.68mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 129.33kcal (6.47%), Fat: 7.3g (11.23%), Saturated Fat: 4.33g (27.04%), Carbohydrates: 14g (4.67%), Net Carbohydrates: 13.69g (4.98%), Sugar: 12.36g (13.73%), Cholesterol: 22.68mg (7.56%), Sodium: 75.84mg (3.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.6g (5.2%), Vitamin C: 7.15mg (8.66%), Calcium: 73.63mg (7.36%), Vitamin B2: 0.12mg (7.27%), Phosphorus: 71.5mg (7.15%), Selenium: 4.08µg (5.82%), Vitamin A: 264.98IU (5.3%), Potassium: 112.92mg (3.23%), Vitamin B5: 0.24mg (2.38%), Magnesium: 9.13mg (2.28%), Manganese: 0.04mg (2.21%), Zinc: 0.31mg (2.06%), Vitamin B12: 0.12µg (1.98%), Vitamin B1: 0.03mg (1.92%), Folate: 6.95µg (1.74%), Vitamin E: 0.2mg (1.32%), Vitamin B6: 0.03mg (1.27%), Fiber: 0.31g (1.23%), Iron: 0.19mg (1.04%)