

# Avocado-Key Lime Ice Cream

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## Yield: 1 Quart

1 package (8 ounce) cream cheese, softened to room temperature  
1 1/2 cups half and half  
3/4 cup sugar  
1/2 cup whole buttermilk  
1 1/2 teaspoons vanilla bean paste (vanilla extract may be substituted)  
1/8 teaspoon salt  
1 1/2 medium-size avocados, chopped  
1 teaspoon Key Lime zest  
1/4 cup fresh Key Lime juice  
3/4 cup coarsely crumbled graham crackers

## Preparation Time: 15 minutes

Process the cream cheese, half-and-half, sugar, buttermilk, vanilla, salt, avocados, Key Lime zest and Key Lime juice in a blender for 30 seconds or until very smooth. Cover and chill for at least two hours or up to two days.

Pour the mixture into the freezer container of a 1-1/2-quart electric ice cream maker. Freeze according to the manufacturer's specifications. (Instructions and times may vary.)

Stir the graham crackers into the prepared ice cream. This ice cream can also be made into ice cream sandwiches by placing between two white chocolate macadamia nut cookies. Freeze for one hour before serving

Serve when ready, or transfer to an airtight container. Freeze for up to one week.

Start to Finish Time: 3 hours

*The secret to this dream treat? Soft baked cookies from your bakery. Go large or small - just don't go with the crunchy kind. Wrap the finished treats individually (and tightly) in plastic wrap, and keep on hand in the freezer for parties or snacks.*

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Per Serving (excluding unknown items): 2349 Calories; 169g Fat (62.5% calories from fat); 34g Protein; 194g Carbohydrate; 8g Dietary Fiber; 388mg Cholesterol; 1121mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 Fruit; 1 1/2 Non-Fat Milk; 32 1/2 Fat; 10 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	2349	Vitamin B6 (mg):	1.1mg
% Calories from Fat:	62.5%	Vitamin B12 (mcg):	2.2mcg
% Calories from Carbohydrates:	31.9%	Thiamin B1 (mg):	.5mg

% Calories from Protein: 5.6%  
 Total Fat (g): 169g  
 Saturated Fat (g): 84g  
 Monounsaturated Fat (g): 64g  
 Polyunsaturated Fat (g): 10g  
 Cholesterol (mg): 388mg  
 Carbohydrate (g): 194g  
 Dietary Fiber (g): 8g  
 Protein (g): 34g  
 Sodium (mg): 1121mg  
 Potassium (mg): 2556mg  
 Calcium (mg): 602mg  
 Iron (mg): 6mg  
 Zinc (mg): 4mg  
 Vitamin C (mg): 27mg  
 Vitamin A (i.u.): 6731IU  
 Vitamin A (r.e.): 1653 1/2RE

Riboflavin B2 (mg): 1.4mg  
 Folic Acid (mcg): 226mcg  
 Niacin (mg): 6mg  
 Caffeine (mg): 0mg  
 Alcohol (kcal): 0  
 % Refuse: n n%

### Food Exchanges

Grain (Starch): 0  
 Lean Meat: 2 1/2  
 Vegetable: 0  
 Fruit: 1  
 Non-Fat Milk: 1 1/2  
 Fat: 32 1/2  
 Other Carbohydrates: 10

## Nutrition Facts

### Amount Per Serving

**Calories** 2349                      **Calories from Fat:** 1468

### % Daily Values\*

<b>Total Fat</b>	169g	260%
Saturated Fat	84g	421%
<b>Cholesterol</b>	388mg	129%
<b>Sodium</b>	1121mg	47%
<b>Total Carbohydrates</b>	194g	65%
Dietary Fiber	8g	30%
<b>Protein</b>	34g	
<b>Vitamin A</b>		135%
<b>Vitamin C</b>		45%
<b>Calcium</b>		60%
<b>Iron</b>		34%

\* Percent Daily Values are based on a 2000 calorie diet.