

Blueberry-Cheesecake Ice Cream

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Southern Living Magazine - July 2013

Yield: 1 Quart

1 package (8 ounce) cream cheese,
softened to room temperature
1/4 teaspoon almond extract
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 cup fresh blueberries
3 tablespoons blueberry preserves
2 teaspoons lemon zest

Preparation Time: 15 minutes

Process the cream cheese, almond extract, half-and-half, sugar, buttermilk, vanilla and salt 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.)

In a bowl, mash together the blueberries, blueberry preserves and lemon zest. Stir the mixture into the prepared ice cream. This ice cream can also be made into ice cream sandwiches by placing between two Snickerdoodles 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.

Per Serving (excluding unknown items): 1949 Calories; 123g Fat (55.5% calories from fat); 29g Protein; 193g Carbohydrate; 4g Dietary Fiber; 388mg Cholesterol; 1100mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 1/2 Fruit; 1 1/2 Non-Fat Milk; 23 1/2 Fat; 10 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1949	Vitamin B6 (mg):	.3mg
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% Calories from Fat: 55.5%
% Calories from Carbohydrates: 38.6%
% Calories from Protein: 5.9%
Total Fat (g): 123g
Saturated Fat (g): 77g
Monounsaturated Fat (g): 35g
Polyunsaturated Fat (g): 5g
Cholesterol (mg): 388mg
Carbohydrate (g): 193g
Dietary Fiber (g): 4g
Protein (g): 29g
Sodium (mg): 1100mg
Potassium (mg): 886mg
Calcium (mg): 583mg
Iron (mg): 3mg
Zinc (mg): 3mg
Vitamin C (mg): 27mg
Vitamin A (i.u.): 5033IU
Vitamin A (r.e.): 1484RE

Vitamin B12 (mcg): 2.2mcg
Thiamin B1 (mg): .2mg
Riboflavin B2 (mg): 1.1mg
Folacin (mcg): 49mcg
Niacin (mg): 1mg
Caffeine (mg): 0mg
Alcohol (kcal): 2
% Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 2 1/2
Vegetable: 0
Fruit: 1 1/2
Non-Fat Milk: 1 1/2
Fat: 23 1/2
Other Carbohydrates: 10

Nutrition Facts

Amount Per Serving

Calories 1949 **Calories from Fat:** 1082

% Daily Values*

Total Fat	123g	190%
Saturated Fat	77g	385%
Cholesterol	388mg	129%
Sodium	1100mg	46%
Total Carbohydrates	193g	64%
Dietary Fiber	4g	17%
Protein	29g	
Vitamin A		101%
Vitamin C		45%
Calcium		58%
Iron		19%

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