

Buttermilk 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

Preparation Time: 15 minutes

Process all of the ingredients 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.)

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

Start to Finish Time: 3 hours

Per Serving (excluding unknown items): 1863 Calories; 123g Fat (58.0% calories from fat); 28g Protein; 172g Carbohydrate; 0g Dietary Fiber; 388mg Cholesterol; 1091mg Sodium. Exchanges: 2 1/2 Lean Meat; 1 1/2 Non-Fat Milk; 23 1/2 Fat; 10 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	1863
% Calories from Fat:	58.0%
% Calories from Carbohydrates:	36.1%
% Calories from Protein:	5.9%
Total Fat (g):	123g
Saturated Fat (g):	77g
Monounsaturated Fat (g):	35g
Polyunsaturated Fat (g):	4g
Cholesterol (mg):	388mg
Carbohydrate (g):	172g
	0g

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	2.2mcg
Thiamin B1 (mg):	.2mg
Riboflavin B2 (mg):	1.0mg
Folacin (mcg):	40mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0 0%

Food Exchanges

0
1

Dietary Fiber (g):
Protein (g): 28g
Sodium (mg): 1091mg
Potassium (mg): 750mg
Calcium (mg): 569mg
Iron (mg): 3mg
Zinc (mg): 3mg
Vitamin C (mg): 3mg
Vitamin A (i.u.): 4886IU
Vitamin A (r.e.): 1469 1/2RE

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

Nutrition Facts

Amount Per Serving

Calories 1863 **Calories from Fat:** 1081

% Daily Values*

Total Fat 123g	189%
Saturated Fat 77g	385%
Cholesterol 388mg	129%
Sodium 1091mg	45%
Total Carbohydrates 172g	57%
Dietary Fiber 0g	0%
Protein 28g	
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Vitamin A	98%
Vitamin C	5%
Calcium	57%
Iron	17%

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