

# Lemon Meringue 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 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  
6 tablespoons lemon curd  
2 tablespoons sour cream  
2 teaspoons lemon zest  
1 tablespoon lemon juice  
6 meringue cookies, crushed

## Preparation Time: 15 minutes

Process the cream cheese, 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, whisk together the lemon curd, sour cream, lemon zest and lemon juice. Swirl the lemon mixture and meringue cookies into the prepared ice cream. This ice cream can also be made into ice cream sandwiches by placing between two ginger snap 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): 1932 Calories; 129g Fat (58.7% calories from fat); 29g Protein; 175g Carbohydrate; trace Dietary Fiber; 401mg Cholesterol; 1106mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Fruit; 1 1/2 Non-Fat Milk; 24 1/2 Fat; 10 Other Carbohydrates.

Desserts

## Per Serving Nutritional Analysis

Calories (kcal):	1932	Vitamin B6 (mg):	.3mg
% Calories from Fat:	58.7%	Vitamin B12 (mcg):	2.3mcg

**% Calories from Carbohydrates:** 35.4%  
**% Calories from Protein:** 5.9%  
**Total Fat (g):** 129g  
**Saturated Fat (g):** 81g  
**Monounsaturated Fat (g):** 37g  
**Polyunsaturated Fat (g):** 5g  
**Cholesterol (mg):** 401mg  
**Carbohydrate (g):** 175g  
**Dietary Fiber (g):** trace  
**Protein (g):** 29g  
**Sodium (mg):** 1106mg  
**Potassium (mg):** 817mg  
**Calcium (mg):** 609mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 3mg  
**Vitamin C (mg):** 16mg  
**Vitamin A (i.u.):** 5118IU  
**Vitamin A (r.e.):** 1538RE

**Thiamin B1 (mg):** .2mg  
**Riboflavin B2 (mg):** 1.1mg  
**Folacin (mcg):** 45mcg  
**Niacin (mg):** 1mg  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Refused:** 0.0%

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### Food Exchanges

**Grain (Starch):** 0  
**Lean Meat:** 2 1/2  
**Vegetable:** 0  
**Fruit:** 0  
**Non-Fat Milk:** 1 1/2  
**Fat:** 24 1/2  
**Other Carbohydrates:** 10

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## Nutrition Facts

### Amount Per Serving

**Calories** 1932                      **Calories from Fat:** 1133

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#### % Daily Values\*

<b>Total Fat</b>	129g	198%
Saturated Fat	81g	403%
<b>Cholesterol</b>	401mg	134%
<b>Sodium</b>	1106mg	46%
<b>Total Carbohydrates</b>	175g	58%
Dietary Fiber	trace	2%
<b>Protein</b>	29g	
<b>Vitamin A</b>		102%
<b>Vitamin C</b>		26%
<b>Calcium</b>		61%
<b>Iron</b>		18%

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