

Strawberry-Pretzel 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 cup chopped fresh strawberries
1/4 cup strawberry preserves
2 tablespoons chopped fresh basil
3/4 cup crushed pretzel sticks

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, stir together the strawberries, strawberry preserves and basil. Stir the strawberry mixture and crushed pretzels into the prepared ice cream. This ice cream can also be made into ice cream sandwiches by placing between two sugar 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): 2059 Calories; 123g Fat (52.3% calories from fat); 29g Protein; 223g Carbohydrate; 1g Dietary Fiber; 388mg Cholesterol; 1123mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 1 1/2 Non-Fat Milk; 23 1/2 Fat; 13 1/2 Other Carbohydrates.

Desserts

Per Serving Nutritional Analysis

Calories (kcal):	2059	Vitamin B6 (mg):	.2mg
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% Calories from Fat: 52.3%
 % Calories from Carbohydrates: 42.3%
 % Calories from Protein: 5.5%
 Total Fat (g): 123g
 Saturated Fat (g): 77g
 Monounsaturated Fat (g): 35g
 Polyunsaturated Fat (g): 4g
 Cholesterol (mg): 388mg
 Carbohydrate (g): 223g
 Dietary Fiber (g): 1g
 Protein (g): 29g
 Sodium (mg): 1123mg
 Potassium (mg): 837mg
 Calcium (mg): 593mg
 Iron (mg): 4mg
 Zinc (mg): 3mg
 Vitamin C (mg): 11mg
 Vitamin A (i.u.): 5100IU
 Vitamin A (r.e.): 1491RE

Vitamin B12 (mcg): 2.2mcg
 Thiamin B1 (mg): .2mg
 Riboflavin B2 (mg): 1.0mg
 Folacin (mcg): 69mcg
 Niacin (mg): 1mg
 Caffeine (mg): 0mg
 Alcohol (kcal): 0
 % Refuse: 0.0%

Food Exchanges

Grain (Starch): 0
 Lean Meat: 2 1/2
 Vegetable: 0
 Fruit: 0
 Non-Fat Milk: 1 1/2
 Fat: 23 1/2
 Other Carbohydrates: 13 1/2

Nutrition Facts

Amount Per Serving

Calories 2059 **Calories from Fat:** 1076

% Daily Values*

Total Fat	123g	189%
Saturated Fat	77g	385%
Cholesterol	388mg	129%
Sodium	1123mg	47%
Total Carbohydrates	223g	74%
Dietary Fiber	1g	4%
Protein	29g	
Vitamin A		102%
Vitamin C		19%
Calcium		59%
Iron		20%

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