
Cream Cheese Ice Cream

The Essential Southern Living Cookbook

Preparation Time: 20 minutes

Start to Finish Time: 1 hour 15 minutes

3 cups half-and-half, fat free

1 1/4 cups powdered sugar

2 egg yolks

1 package (8 ounce) cream cheese

1 teaspoon vanilla extract

In a large heavy saucepan, whisk together the half-and-half, powdered sugar and egg yolks. Cook over medium heat, whisking constantly, about 8 to 10 minutes or until the mixture thickens slightly.

Remove from the heat. Whisk in the cream cheese and vanilla until the cream cheese is melted. Cool completely (about one hour), stirring occasionally. Place plastic wrap on the mixture.

Chill for eight to twenty-four hours.

Pour the mixture into a freezer container of a 1-1/2-quart electric ice cream maker. Freeze according to manufacturers directions. Transfer the ice cream to an airtight container.

Freeze for four hours before serving.

Yield: 1 quart

Dessert

Per Serving (excluding unknown items): 2004 Calories; 91g Fat (44.9% calories from fat); 23g Protein; 229g Carbohydrate; 0g Dietary Fiber; 680mg Cholesterol; 1420mg Sodium. Exchanges: 3 Lean Meat; 5 1/2 Non-Fat Milk; 16 1/2 Fat; 10 Other Carbohydrates.