



# Cream cheese ice cream

70'  
Hands on

20'  
Hands off

8-10  
Portion(s)

1  
Difficulty



## Ingredients

- 110 g water
- 80 g glucose
- 80 g granulated sugar
- 1 tablespoon(s) [vanilla extract](#)
- 340 g cream cheese

## Διατροφικός πίνακας

Nutrition information per portion

146 Calories (kcal)	8.4 Total Fat (g)	5.5 Saturated Fat (g)	16.0 Total Carbs (g)
7%	12%	28%	6%
12.0 Sugars (g)	1.8 Protein (g)	0.0 Fibre (g)	0.25 Sodium (g)
13%	4%	0%	4%

## Method

- In a [pot](#) over medium heat add the water, the glucose, the sugar, the vanilla extract, and let them come to a boil for 3-4 minutes.
- As soon as the mixture boils, transfer it into a [bowl](#) and let it cool well, at room temperature, for 20 minutes.
- In a deep bowl beat the cream cheese with an immersion blender and then, add the mixture that has cooled down.
- Transfer the mixture into an ice cream maker and beat it for 1 hour or until the mixture has thickened.
- Place it into a bowl and store it in the freezer.