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Small Watermelon With Nerds Candy Real Ice Cream Slush ♦♦

This recipe combines the refreshing taste of watermelon with the sweetness of Nerds candy and the creaminess of real ice cream. It's the perfect summer treat!

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 500 grams

Number of Servings: 2

Serving Size: 250 g

Ingredients

500 g	small watermelon
50 g	nerds candy
250 g	real ice cream

Directions

Step 1

Cutting

Cut the watermelon into small cubes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Blending

Place the watermelon cubes in a blender and blend until smooth.

Prep Time: 2 mins

Cook Time: 0 mins

Step 3

Mixing

Pour the watermelon puree into a bowl and add the Nerds candy. Mix well.

Prep Time: 1 mins

Cook Time: 0 mins

Step 4

Serving

Scoop the real ice cream into serving glasses.

Prep Time: 1 mins

Cook Time: 0 mins

Step 5

Pouring

Pour the watermelon slush over the ice cream in each glass.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 12 g

Protein: 5 g

Carbohydrates: 45 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	45 g	81.82%	90%
Fibers	2 g	5.26%	8%
Sugars	38 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	12 g	42.86%	48%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	25 mg	27.78%	33.33%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	3 mcg	20%	20%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	6 mg	75%	33.33%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer

Events

Easter

Thanksgiving

Birthday

Halloween

Valentine's Day

Anniversary

Baby Shower

Barbecue

Game Day

Cuisines

French

Thai

American

Course

Appetizers

Desserts

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Meal Type

Snack

Supper

Difficulty Level

Easy

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