



Healthdor

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Icedream Cone ♦♦

An ice cream cone filled with creamy Icedream, without any toppings.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 100 grams

Number of Servings: 1

Serving Size: 100 g

Ingredients

100 g icedream

1 ice cream cone
pieces

Directions

Step 1

Scoop 100 grams of Icedream into an ice cream cone.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 3 g

Carbohydrates: 23 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 3 g | 17.65% | 17.65% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

| | | | |
|---------------|------|--------|-----|
| Carbohydrates | 23 g | 41.82% | 46% |
| Fibers | 0 g | 0% | 0% |
| Sugars | 14 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------------|-------|------------------------|--------------------------|
| Monounsaturated Fat | 0 g | N/A | N/A |
| Saturated Fat | 3 g | 13.64% | 17.65% |
| Fat | 5 g | 17.86% | 20% |
| Cholesterol | 15 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 0 mg | 0% | 0% |
| Vitamin B6 | 0 mg | 0% | 0% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 0 mg | 0% | 0% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|-------|------------------------|--------------------------|
| Sodium | 70 mg | 3.04% | 3.04% |
| Calcium | 10 mg | 1% | 1% |
| Iron | 0 mg | 0% | 0% |
| Potassium | 0 mg | 0% | 0% |
| Zinc | 0 mg | 0% | 0% |
| Selenium | 0 mcg | 0% | 0% |

Recipe Attributes

Events

Christmas Easter Thanksgiving Halloween Valentine's Day New Year
Baby Shower Graduation Back to School Barbecue Picnic Game Day

Cuisines

Chinese American

Course

Appetizers Desserts Drinks Snacks Sauces & Dressings

Cost

Under \$10

Meal Type

Snack

Difficulty Level

Easy

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