



Healthdor

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## Kiddie Cone

The Kiddie Cone is a classic ice cream treat loved by kids. It consists of a small waffle cone filled with a scoop of delicious ice cream and topped with colorful sprinkles. It's a perfect treat for hot summer days or special occasions.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 50 grams

**Number of Servings:** 1

**Serving Size:** 50 g

### Ingredients

<b>1</b> <b>pieces</b>	waffle cone
<b>1</b> <b>scoop</b>	ice cream
<b>1 tsp</b>	Sprinkles

## Directions

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### Step 1

Place a scoop of ice cream into the waffle cone.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Sprinkle colorful sprinkles on top of the ice cream.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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### Step 3

Serve and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 150 kcal

**Fat:** 5 g

**Protein: 2 g**

**Carbohydrates: 23 g**

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	2 g	11.76%	11.76%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	23 g	41.82%	46%
Fibers	0 g	0%	0%
Sugars	15 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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	10 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
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	50 mg	2.17%	2.17%
Calcium	6 mg	0.6%	0.6%
Iron	2 mg	25%	11.11%
Potassium	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Events

Christmas

### Meal Type

Breakfast

Brunch

Snack

Supper

### Course

Drinks

Snacks

### Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Volumetrics Diet

Ornish Diet

Vegetarian Diet

The Baby Food Diet

The F-Plan Diet

The Breatharian Diet

The Master Cleanse Diet

The 3-Day Diet

The Optavia Diet

### Difficulty Level

Easy

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