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## Vanilla Soft Serve ♦♦

Vanilla soft serve is a classic frozen dessert that is enjoyed by people of all ages. It is a creamy and smooth treat that is perfect for hot summer days or as a sweet ending to a meal. This recipe will guide you through the process of making your own vanilla soft serve at home.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 5

**Serving Size:** 100 g

### Ingredients

500 g vanilla ice cream

### Directions

## Step 1

Take the vanilla ice cream out of the freezer and let it soften for a few minutes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blending

Transfer the softened ice cream into a blender or food processor.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 3

Blending

Blend the ice cream until smooth and creamy.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 207 kcal

**Fat:** 14 g

**Protein:** 3 g

**Carbohydrates:** 19 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	19 g	34.55%	38%
Fibers	0 g	0%	0%
Sugars	19 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	14 g	50%	56%
Cholesterol	57 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	63 mg	2.74%	2.74%
Calcium	8 mg	0.8%	0.8%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%

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

## Recipe Attributes

### Seasonality

Summer

### Events

Christmas

Thanksgiving

Picnic

### Course

Desserts

Drinks

Breads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Easter

### Meal Type

Lunch

Dinner

Snack

Supper

### Difficulty Level

Easy

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