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Coconut Ice Cream •

Coconut ice cream is a delicious and creamy frozen dessert made from coconut milk. It is a popular vegan alternative to traditional dairy ice cream. This recipe combines the rich and tropical flavors of coconut with a smooth and creamy texture. It can be enjoyed on its own or used as a base for various toppings and mix-ins. Whether you're vegan or simply love coconut, this coconut ice cream recipe is sure to satisfy your sweet tooth.

Recipe Type: Vegan

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

400 ml	Coconut Milk
100 g	sugar
1 tsp	vanilla extract
1 pinch	Salt

Directions

Step 1

Mixing

In a mixing bowl, combine the coconut milk, sugar, vanilla extract, and salt. Whisk until the sugar is fully dissolved.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Ice cream maker

Pour the mixture into an ice cream maker and churn according to the manufacturer's instructions.

Prep Time: 0 mins

Cook Time: 0 mins

Step 3

Freezing

Transfer the churned ice cream into a container and freeze for at least 4 hours or until firm.

Prep Time: 0 mins

Cook Time: 127 mins

Step 4

Serving

Serve the coconut ice cream in bowls or cones. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 160 kcal

Fat: 13 g

Protein: 1 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	1 g	5.88%	5.88%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	8 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	8 g	36.36%	47.06%
Fat	13 g	46.43%	52%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	20 mg	0.87%	0.87%
Calcium	1 mg	0.1%	0.1%
Iron	3 mg	37.5%	16.67%
Potassium	1 mg	0.03%	0.04%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving New Year Picnic

Course

Desserts Sauces & Dressings

Cultural

Chinese New Year Christmas

Demographics

Senior Friendly

Diet

Vegetarian Diet

Vegan Diet

Fruitarian Diet

Ayurvedic Diet

The Scarsdale Diet

The Cookie Diet

The Master Cleanse Diet

The 3-Day Diet

The Winter Warming Diet

The Mast Cell Activation Syndrome (MCAS) Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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