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Strawberry Lemonade Punch Ice Cream · •

A refreshing and tangy ice cream flavor that combines the flavors of strawberry and lemonade punch. Perfect for hot summer days!

Recipe Type: Standard Prep Time: 15 mins

Cook Time: N/A Total Time: 15 mins

Recipe Yield: 1000 grams Number of Servings: 10

Serving Size: 100 g

Ingredients

500 g	Strawberries
500 ml	lemonade
200 g	Sugar
500 ml	heavy cream
2 tsp	vanilla extract

Directions

Step 1

Blender

In a blender, combine the strawberries, lemonade, and sugar. Blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixer

In a separate bowl, whip the heavy cream and vanilla extract until stiff peaks form.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Gently fold the strawberry lemonade mixture into the whipped cream until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Ice cream maker

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

Prep Time: 0 mins

Cook Time: 10 mins

Step 5

Freezing

Once the ice cream reaches the desired consistency, transfer it to a container and freeze for at least 4 hours.

Prep Time: 0 mins

Cook Time: 127 mins

Nutrition Facts

Calories: 200 kcal

Fat: 20 g

Protein: 2g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	25 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

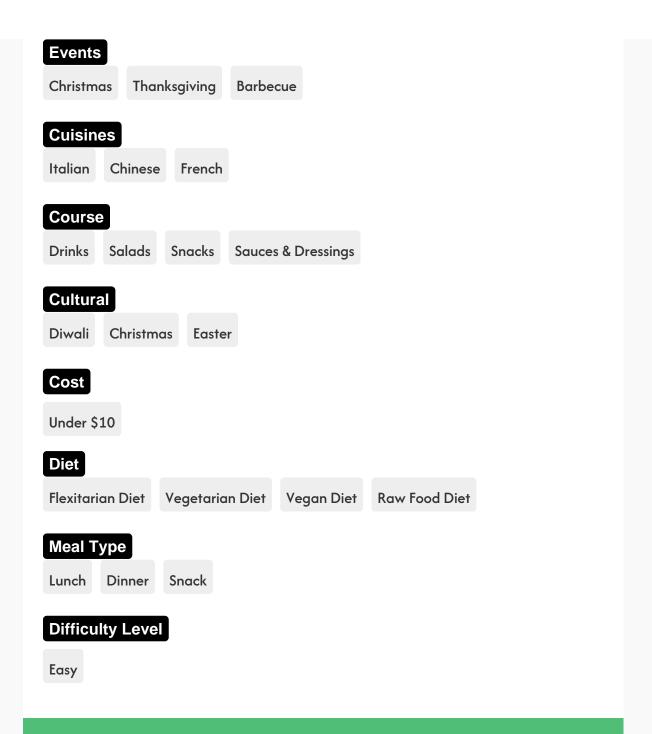
Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	6 mg	0.6%	0.6%
Iron	2 mg	25%	11.11%
Potassium	150 mg	4.41%	5.77%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer

Fal



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