



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

# 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

|               |                 |
|---------------|-----------------|
| <b>500 g</b>  | Strawberries    |
| <b>500 ml</b> | lemonade        |
| <b>200 g</b>  | Sugar           |
| <b>500 ml</b> | heavy cream     |
| <b>2 tsp</b>  | 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:** 2 g

**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

Fall

## Events

Christmas Thanksgiving Barbecue

## Cuisines

Italian Chinese French

## Course

Drinks Salads Snacks Sauces & Dressings

## Cultural

Diwali Christmas Easter

## Cost

Under \$10

## Diet

Flexitarian Diet Vegetarian Diet Vegan Diet Raw Food Diet

## Meal Type

Lunch Dinner Snack

## Difficulty Level

Easy

Visit our website: [healthdor.com](http://healthdor.com)