



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

[Peanut Butter Galaxy Ice Cream](#) ♦

Peanut Butter Galaxy Ice Cream is a creamy and indulgent frozen treat that combines the rich flavors of peanut butter with a galaxy-inspired swirl. This ice cream is perfect for peanut butter lovers and is sure to satisfy any sweet tooth. The recipe includes a simple base that is infused with peanut butter and then swirled with vibrant colors to create a mesmerizing galaxy effect. Whether enjoyed on a hot summer day or as a special dessert, Peanut Butter Galaxy Ice Cream is a delicious and unique treat for all.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: N/A

Total Time: 20 mins

Recipe Yield: 1000 grams

Number of Servings: 10

Serving Size: 100 g

Ingredients

500 ml heavy cream

400 g sweetened condensed milk

200 g Peanut Butter

2 tsp vanilla extract

10 drops food coloring (blue, purple, pink)

Directions

Step 1

Mixing

In a mixing bowl, combine the heavy cream, sweetened condensed milk, peanut butter, and vanilla extract. Mix until smooth and well combined.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

Divide the ice cream base into three equal parts. Add blue food coloring to one part, purple food coloring to another part, and pink food coloring to the remaining part. Mix each part until the desired color is achieved.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Layer the colored ice cream bases in a freezer-safe container, creating a swirl effect. Use a spoon or spatula to gently swirl the colors together.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Freezing

Cover the container with a lid or plastic wrap and freeze for at least 6 hours or overnight, until firm.

Prep Time: 0 mins

Cook Time: 127 mins

Step 5

Serving

Once the ice cream is fully frozen, scoop into bowls or cones and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 32 g

Protein: 8 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

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	12 g	N/A	N/A
Saturated Fat	18 g	81.82%	105.88%
Fat	32 g	114.29%	128%
Cholesterol	60 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	4 mg	26.67%	26.67%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	120 mg	5.22%	5.22%
Calcium	15 mg	1.5%	1.5%
Iron	4 mg	50%	22.22%
Potassium	200 mg	5.88%	7.69%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Picnic

Course

Desserts Salads Snacks

Cultural

Chinese New Year

Cost

Under \$10

Demographics

Kids Friendly Teen Friendly Allergy Friendly Heart Healthy

Diet

The Whole30 Diet Vegetarian Diet Vegan Diet Raw Food Diet
Anti-Inflammatory Diet Low Sodium Diet

Cooking Method

Steaming

Meal Type

Brunch

Snack

Supper

Difficulty Level

Medium

Visit our website: healthdor.com