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## Carrot Cake Ice Cream ♦♦

Carrot Cake Ice Cream is a delicious frozen treat that combines the flavors of carrot cake with creamy ice cream. It is made with a rich and creamy base, filled with grated carrots, warm spices, and chunks of moist carrot cake. This unique dessert is perfect for carrot cake lovers who want to enjoy their favorite flavors in a refreshing and cool way.

**Recipe Type:** Standard

**Prep Time:** 20 mins

**Cook Time:** 40 mins

**Total Time:** 60 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 10

**Serving Size:** 100 g

### Ingredients

500 ml	heavy cream
250 ml	whole milk
150 g	Granulated Sugar
200 g	Carrots
200 g	carrot cake

5 g	Cinnamon
2 g	Nutmeg
10 ml	vanilla extract

## Directions

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### Step 1

In a mixing bowl, combine heavy cream, whole milk, and granulated sugar. Stir until the sugar is dissolved.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Cutting

Grate the carrots and set aside.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

Mixing

Add the grated carrots, carrot cake chunks, cinnamon, nutmeg, and vanilla extract to the cream mixture. Stir well to combine.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

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:** 40 mins

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## Step 5

Freezing

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

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serving

Serve the Carrot Cake Ice Cream in bowls or cones and enjoy!

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 25 g

**Protein:** 5 g

**Carbohydrates:** 40 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	5 g	13.16%	20%
Sugars	20 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	15 g	68.18%	88.24%
Fat	25 g	89.29%	100%
Cholesterol	75 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	1000 iu	111.11%	142.86%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	2 mcg	13.33%	13.33%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	150 mg	15%	15%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	1 mg	12.5%	5.56%
Potassium	200 mg	5.88%	7.69%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

## Recipe Attributes

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
 Valentine's Day Mother's Day Father's Day New Year Anniversary  
 Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic  
 Game Day

### Cuisines

Italian Chinese

### Meal Type

Lunch Snack

### Course

Desserts

### Difficulty Level

Easy

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