



Healthdor

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Vanilla Ice Cream ♦

Vanilla ice cream is a classic frozen dessert made from cream, sugar, and vanilla extract. It is a popular treat enjoyed by people of all ages. The creamy texture and sweet vanilla flavor make it a versatile dessert that can be enjoyed on its own or paired with other desserts.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: N/A

Total Time: 10 mins

Recipe Yield: 100 grams

Number of Servings: 1

Serving Size: 100 g

Ingredients

1
scoop vanilla ice cream

Directions

Step 1

Scoop 1 scoop of vanilla ice cream into a bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 207 kcal

Fat: 9 g

Protein: 3 g

Carbohydrates: 27 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	3 g	17.65%	17.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	27 g	49.09%	54%
Fibers	0 g	0%	0%
Sugars	23 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	2 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	9 g	32.14%	36%
Cholesterol	28 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	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	80 mg	3.48%	3.48%
Calcium	10 mg	1%	1%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Christmas Thanksgiving Valentine's Day New Year Anniversary
 Baby Shower Bridal Shower Graduation Back to School Barbecue

Course

Desserts Sauces & Dressings Drinks Breads

Diet

Warrior Diet Anti-Inflammatory Diet Pescatarian Diet Ketogenic Diet

Seasonality

Summer

Fall

Meal Type

Lunch

Snack

Difficulty Level

Easy

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