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## Vanilla Soft Serve ♦

Vanilla soft serve is a classic frozen dessert that is loved by many. It is a creamy and smooth treat that is perfect for hot summer days. This recipe will teach you how to make your own delicious vanilla soft serve at home.

**Recipe Type:** Standard

**Prep Time:** 10 mins

**Cook Time:** N/A

**Total Time:** 10 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 5

**Serving Size:** 100 g

### Ingredients

500 g vanilla ice cream

### Directions

## Step 1

Take the vanilla ice cream out of the freezer and let it soften for a few minutes.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Blending

Transfer the softened ice cream to a blender or food processor.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

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## Step 3

Blending

Blend the ice cream until it becomes smooth and creamy.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 4

Serving

Scoop the vanilla soft serve into bowls or cones.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 207 kcal

**Fat:** 11 g

**Protein:** 3 g

**Carbohydrates:** 24 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	24 g	43.64%	48%
Sugars	24 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fat	11 g	39.29%	44%
Saturated Fat	7 g	31.82%	41.18%
Monounsaturated Fat	3 g	N/A	N/A
Cholesterol	41 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	9 iu	1%	1.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	72 mg	3.13%	3.13%
Calcium	11 mg	1.1%	1.1%
Iron	0 mg	0%	0%
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Thanksgiving Picnic

### Course

Desserts Drinks Breads Snacks Sauces & Dressings

### Cultural

Chinese New Year Diwali Christmas

### Cost

Under \$10

### Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Allergy Friendly

Diabetic Friendly

Heart Healthy

### Meal Type

Brunch

Lunch

Dinner

Snack

Supper

### Difficulty Level

Easy

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