



Healthdor

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Wild Cherry Dutch Ice ♦♦

A refreshing and fruity ice cream dessert made with wild cherries. This dessert is perfect for hot summer days and can be enjoyed by both kids and adults.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: N/A

Total Time: 20 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

300 g	wild cherries
150 g	sugar
2 tsp	lemon juice
250 ml	heavy cream

Directions

Step 1

Blending

Remove the pits from the wild cherries and place them in a blender.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Blending

Add sugar and lemon juice to the blender and blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Whipping

In a separate bowl, whip the heavy cream until stiff peaks form.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Gently fold the cherry mixture into the whipped cream until well combined.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Freezing

Transfer the mixture to a freezer-safe container and freeze for at least 4 hours or until firm.

Prep Time: 0 mins

Cook Time: 127 mins

Nutrition Facts

Calories: 150 kcal

Fat: 10 g

Protein: 2 g

Carbohydrates: 15 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	15 g	27.27%	30%
Fibers	2 g	5.26%	8%
Sugars	10 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	10 g	35.71%	40%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	1 mcg	6.67%	6.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	20 mg	0.87%	0.87%
Calcium	4 mg	0.4%	0.4%
Iron	2 mg	25%	11.11%
Potassium	100 mg	2.94%	3.85%
Zinc	0 mg	0%	0%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer

Fall

Events

Christmas

Barbecue

Picnic

Course

Drinks

Snacks

Sauces & Dressings

Cultural

Diwali

Christmas

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

Flexitarian Diet

Atkins Diet

Vegetarian Diet

Fruitarian Diet

Low Sodium Diet

Meal Type

Brunch

Snack

Supper

Difficulty Level

Easy

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