



Healthdor

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Vanilla Ice Cream Heart Ice Cream Cake ♦

A delicious and creamy ice cream cake made with vanilla ice cream. Perfect for special occasions or as a refreshing summer treat. This cake is sure to impress!

Recipe Type: Standard

Prep Time: 30 mins

Cook Time: N/A

Total Time: 30 mins

Recipe Yield: 1000 grams

Number of Servings: 10

Serving Size: 100 g

Ingredients

1000 g vanilla ice cream

1 heart-shaped cake mold
pieces

Directions

Step 1

Allow the vanilla ice cream to soften at room temperature for about 10 minutes.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Line the heart-shaped cake mold with plastic wrap.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Pour the softened vanilla ice cream into the cake mold, smoothing it out with a spatula.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Freezing

Place the cake mold in the freezer and let it set for at least 4 hours or overnight.

Prep Time: 0 mins

Cook Time: 127 mins

Step 5

Remove the cake mold from the freezer and carefully remove the plastic wrap.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Serve the ice cream cake immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 207 kcal

Fat: 12 g

Protein: 3 g

Carbohydrates: 22 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	22 g	40%	44%
Fibers	0 g	0%	0%
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	2 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	12 g	42.86%	48%
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	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	50 mg	2.17%	2.17%
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

Valentine's Day

Back to School

Course

Drinks

Breads

Snacks

Sauces & Dressings

Cultural

Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

Demographics

Kids Friendly

Teen Friendly

Allergy Friendly

Heart Healthy

Diet

Flexitarian Diet

The Whole30 Diet

Zone Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Blood Type Diet

Traditional Chinese Medicine (TCM) Diet

Gluten-Free Diet

The Scarsdale Diet

The Cabbage Soup Diet

The Mayo Clinic Diet

The Beverly Hills Diet

The French Women Don't Get Fat Diet

The Breatharian Diet

The Master Cleanse Diet

The CICO (Calories In, Calories Out) Diet

The Peanut Butter Diet

The Bulletproof Diet

The GOLO Diet

The Low-Residue Diet

The PCOS (Polycystic Ovary Syndrome) Diet

The SIBO (Small Intestinal Bacterial Overgrowth) Diet

The Histamine Intolerance Diet

The Diabetes Diet

The Epilepsy Diet (Modified Atkins Diet for Seizures)

The Heart-Healthy Diet

The Low-Potassium Diet

The High-Iron Diet

The High-Vitamin D Diet

The Low-Copper Diet

The Low-Sulfur Diet

The Depression Diet

The Post-Pregnancy Diet

The Fertility Diet

The Breastfeeding Diet

The Chronic Urticaria Diet

The Chronic Kidney Disease (CKD) Diet

The Lactose-Free Diet

The Fructose Malabsorption Diet

The Low-Histamine Diet

The Sarcoidosis Diet

The Graves' Disease Diet

The Cushing's Syndrome Diet

The Ankylosing Spondylitis Diet

The Myasthenia Gravis Diet

The POTS (Postural Orthostatic Tachycardia Syndrome) Diet

The Chronic Obstructive Pulmonary Disease (COPD) Diet

The Asthma Diet

The Sinusitis Diet

The Insomnia Diet

The ADHD Diet (Attention Deficit Hyperactivity Disorder)

The Bipolar Disorder Diet

The Post-Traumatic Stress Disorder (PTSD) Diet

Blood Type O Diet

Blood Type A Diet

Blood Type B Diet

Blood Type AB Diet

Cooking Method

Grilling

Boiling

Sautéing

Blending

Freezing

Canning

Pickling

Pasteurizing

Fermenting

Pressing

Carbonating

Whipping

Cutting

Cut

Mixing

Resting

Plating

Serving

Cooking

None

Stir-frying

Mashing

Preheating

Sprinkling

Heating

Refrigerating

Preparation

Cooling

Oven

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

Liver disease

Gastroparesis

Gastroenteritis

Hepatitis

Colorectal cancer

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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