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# Chocolate Chip Cookie Dough Ice Cream

Chocolate Chip Cookie Dough Ice Cream is a classic frozen dessert that combines creamy vanilla ice cream with chunks of cookie dough and chocolate chips. It is a popular treat enjoyed by people of all ages, especially during the summer months. The recipe for this ice cream dates back to the early 1980s and has since become a staple in many ice cream shops and households.

**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

<b>800 g</b>	vanilla ice cream
<b>200 g</b>	Chocolate Chip Cookie Dough
<b>100 g</b>	Chocolate Chips

# Directions

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## Step 1

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

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 2

Mixing

In a mixing bowl, combine the softened vanilla ice cream, chocolate chip cookie dough, and chocolate chips. Mix well.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 3

Ice cream maker

Transfer the mixture to an ice cream maker and churn according to the manufacturer's instructions.

**Prep Time:** 10 mins

**Cook Time:** 0 mins

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## Step 4

## Freezing

Once the ice cream reaches the desired consistency, transfer it to a lidded container and freeze for at least 4 hours or until firm.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 20 g

**Protein:** 4 g

**Carbohydrates:** 30 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	1 g	2.63%	4%
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	5 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	20 g	71.43%	80%
Cholesterol	30 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	2 mg	153.85%	153.85%
Vitamin B12	6 mcg	250%	250%
Vitamin E	4 mg	26.67%	26.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	100 mg	4.35%	4.35%
Calcium	10 mg	1%	1%
Iron	8 mg	100%	44.44%
Potassium	150 mg	4.41%	5.77%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

## Recipe Attributes

### Events

Christmas Easter Thanksgiving Barbecue Picnic Game Day

### Course

Desserts Drinks Breads Sauces & Dressings

### Cost

Under \$10

### Demographics

Kids Friendly Teen Friendly Allergy Friendly Heart Healthy

## Diet

The Whole30 Diet

Vegetarian Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Fruitarian Diet

## Meal Type

Lunch

Dinner

Snack

## Difficulty Level

Easy

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