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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

800 g	vanilla ice cream
200 g	Chocolate Chip Cookie Dough
100 g	Chocolate Chips

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

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

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

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: 4g

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



Christmas Easter Thanksgiving Barbecue Picnic Game Day

Course

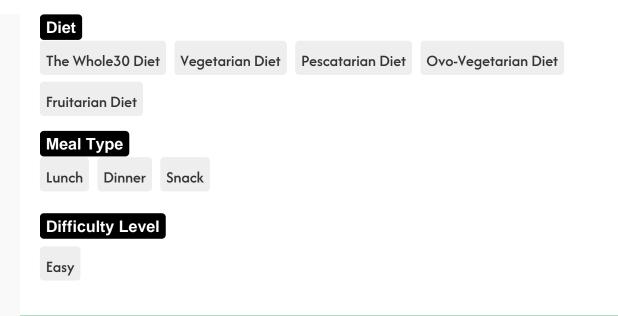
Desserts Drinks Breads Sauces & Dressings

Cost

Under \$10

Demographics

Kids Friendly Teen Friendly Allergy Friendly Heart Healthy



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