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True Blue Ginger Ice Cream ♦♦

True Blue Ginger Ice Cream is a delicious and refreshing dessert that combines the flavors of blueberries and ginger. It is perfect for hot summer days or as a sweet treat after a meal. The ice cream is made with fresh blueberries, ginger, cream, and sugar, resulting in a creamy and flavorful dessert that is sure to satisfy your sweet tooth.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 1000 grams

Number of Servings: 6

Serving Size: 166 g

Ingredients

300 g	fresh blueberries
30 g	fresh ginger
500 ml	heavy cream
150 g	sugar

Directions

Step 1

Blender

In a blender, combine the fresh blueberries and fresh ginger. Blend until smooth.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a saucepan, heat the heavy cream and sugar over medium heat until the sugar has dissolved.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Remove the saucepan from the heat and let it cool for a few minutes.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stirring

Pour the blueberry and ginger mixture into the saucepan with the cream and sugar. Stir well to combine.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Ice cream maker

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

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Freezing

Once the ice cream has reached the desired consistency, transfer it to a container and freeze for at least 2 hours before serving.

Prep Time: 0 mins

Cook Time: 120 mins

Nutrition Facts

Calories: 240 kcal

Fat: 20 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)
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Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	15 g	68.18%	88.24%
Fat	20 g	71.43%	80%
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	2 mg	153.85%	153.85%
Vitamin B12	4 mcg	166.67%	166.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	30 mg	1.3%	1.3%
Calcium	4 mg	0.4%	0.4%
Iron	2 mg	25%	11.11%
Potassium	4 mg	0.12%	0.15%
Zinc	2 mg	18.18%	25%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Thanksgiving Barbecue Picnic

Cuisines

Italian

Course

Desserts Salads Snacks

Cultural

Chinese New Year Easter

Cost

Under \$10 \$10 to \$20 \$20 to \$30 \$30 to \$40 \$40 to \$50 Over \$50

Demographics

Teen Friendly Allergy Friendly

Meal Type

Snack Supper

Difficulty Level

Medium

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