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Oreo Nutty Salted Caramel Ice Cream

Oreo Nutty Salted Caramel Ice Cream is a delicious frozen dessert that combines the flavors of Oreo cookies, nutty caramel, and a touch of salt. It is a perfect treat for hot summer days or any time you crave something sweet and creamy. The ice cream is made with a rich and creamy base, filled with chunks of Oreo cookies and swirls of salted caramel. It is a crowd-pleasing dessert that will satisfy any sweet tooth.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 1000 grams

Number of Servings: 10

Serving Size: 100 g

Ingredients

200 g	oreo cookies
150 g	caramel sauce
1 tsp	Salt

500 ml	Heavy Cream
500 ml	Milk
150 g	Sugar
2 tsp	Vanilla Extract

Directions

Step 1

Crush the Oreo cookies into small pieces.

Prep Time: 10 mins

Cook Time: 0 mins

Step 2

Mixing

In a mixing bowl, combine the heavy cream, milk, sugar, and vanilla extract. Whisk until the sugar is dissolved.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Ice cream maker

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

Prep Time: 0 mins

Cook Time: 30 mins

Step 4

Ice cream maker

Once the ice cream is almost done churning, add the crushed Oreo cookies and swirls of caramel sauce. Churn for a few more minutes to incorporate the ingredients.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Freezing

Transfer the ice cream to a container and freeze for at least 4 hours or until firm.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the Oreo Nutty Salted Caramel Ice Cream in bowls or cones. Enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 3 g

Carbohydrates: 30 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	30 g	54.55%	60%
Fibers	1 g	2.63%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	15 g	68.18%	88.24%
Fat	20 g	71.43%	80%
Cholesterol	50 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	4 mcg	166.67%	166.67%
Vitamin E	6 mg	40%	40%
Vitamin D	2 mcg	13.33%	13.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	8 mg	0.8%	0.8%
Iron	6 mg	75%	33.33%
Potassium	4 mg	0.12%	0.15%
Zinc	2 mg	18.18%	25%
Selenium	4 mcg	7.27%	7.27%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Wedding Valentine's Day New Year Back to School Picnic

Cuisines

Italian Chinese Thai Japanese Mediterranean German Vietnamese

American

Meal Type

Brunch Snack Supper

Preparation Time

More than 1 Hour

Nutritional Content

Low Calorie

Kitchen Tools

Slow Cooker

Difficulty Level

Easy

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