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## Flavor Flashback Ice Cream ♦

Flavor Flashback Ice Cream is a delicious frozen dessert that takes you back in time with its nostalgic flavors. This creamy treat is perfect for hot summer days or anytime you want to indulge in a sweet and refreshing treat. It's made with high-quality ingredients and comes in a variety of flavors to suit every taste.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** N/A

**Total Time:** 15 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 10

**Serving Size:** 100 g

### Ingredients

500 ml	Heavy Cream
500 ml	Whole Milk
200 g	Granulated Sugar
2 tsp	vanilla extract
200 g	cookie dough chunks

200 g chocolate chips

## Directions

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### Step 1

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

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:** 10 mins

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### Step 3

Ice cream maker

During the last few minutes of churning, add in the cookie dough chunks and chocolate chips. Continue churning until well mixed.

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Step 4

Freezing

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

**Prep Time:** 0 mins

**Cook Time:** 127 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 20 g

**Protein:** 3 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	3 g	17.65%	17.65%
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## Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
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	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	2 mcg	83.33%	83.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	4 mcg	26.67%	26.67%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	8 mg	0.8%	0.8%
Iron	4 mg	50%	22.22%
Potassium	100 mg	2.94%	3.85%
Zinc	2 mg	18.18%	25%
Selenium	6 mcg	10.91%	10.91%

## Recipe Attributes

### Seasonality

Summer Fall

### Events

Christmas Easter Thanksgiving Birthday Wedding Halloween  
Valentine's Day Mother's Day Father's Day New Year Anniversary

Baby Shower

Bridal Shower

Graduation

Back to School

Barbecue

Picnic

Game Day

### Meal Type

Brunch

Lunch

Dinner

Snack

Supper

### Difficulty Level

Easy

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