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Low Fat Ice Cream ♦

A delicious and creamy ice cream recipe with reduced fat content. Perfect for those looking for a healthier dessert option.

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	Low-fat Milk
100 g	Sugar
2 tsp	vanilla extract
4 pcs	Egg Yolks
200 ml	low-fat cream

Directions

Step 1

Stove

In a saucepan, heat the low-fat milk over medium heat until hot but not boiling.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

In a separate bowl, whisk together the sugar and egg yolks until well combined.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Slowly pour the hot milk into the egg mixture, whisking constantly to prevent curdling.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Stove

Return the mixture to the saucepan and cook over low heat, stirring constantly, until it thickens and coats the back of a spoon.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Remove from heat and stir in the vanilla extract and low-fat cream.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

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: 0 mins

Step 7

Freezing

Once churned, transfer the ice cream to a container and freeze for at least 4 hours or until firm.

Prep Time: 0 mins

Cook Time: 127 mins

Nutrition Facts

Calories: 150 kcal

Fat: 5 g

Protein: 6 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	0 g	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	1 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	5 g	17.86%	20%
Cholesterol	100 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	0 mg	0%	0%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	15 mcg	100%	100%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	50 mg	2.17%	2.17%
Calcium	15 mg	1.5%	1.5%
Iron	2 mg	25%	11.11%
Potassium	200 mg	5.88%	7.69%
Zinc	2 mg	18.18%	25%
Selenium	8 mcg	14.55%	14.55%

Recipe Attributes

Nutritional Content

Low Fat High Fiber Low Calorie Sugar-Free

Course

Snacks Desserts Side Dishes Salads Breads Sauces & Dressings Soups

Events

Picnic

Diet

Anti-Inflammatory Diet

Cuisines

Middle Eastern

Meal Type

Lunch Dinner Snack Breakfast Brunch Supper

Difficulty Level

Medium

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