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Peanut Brittle Ice Cream ·•

Peanut Brittle Ice Cream is a delicious frozen dessert made with creamy vanilla ice cream and crunchy peanut brittle. It is a popular dessert enjoyed by people of all ages. The sweet and salty combination of the ice cream and brittle creates a perfect balance of flavors. This recipe is easy to make and is a great treat for hot summer days or any time you're craving something sweet.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 10 mins

Total Time: 30 mins

Recipe Yield: 1000 grams

Number of Servings: 10

Serving Size: 100 g

Ingredients

800 g vanilla ice cream

200 g peanut brittle

Directions

Step 1

Take the vanilla ice cream out of the freezer and let it soften for a few minutes.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cut

In a separate bowl, break the peanut brittle into small pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Add the peanut brittle pieces to the softened ice cream and mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Freezing

Transfer the mixture to a freezer-safe container and freeze for at least 4 hours or until firm.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Serving

Serve the Peanut Brittle Ice Cream in bowls or cones and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 5 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	5 g	29.41%	29.41%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
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	8 g	36.36%	47.06%
Fat	15 g	53.57%	60%
Cholesterol	30 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	0 mg	0%	0%
Vitamin B6	0 mg	0%	0%
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	100 mg	4.35%	4.35%
Calcium	15 mg	1.5%	1.5%
Iron	2 mg	25%	11.11%
Potassium	150 mg	4.41%	5.77%
Zinc	2 mg	18.18%	25%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Events

Christmas

Cuisines

Italian

Course

Desserts

Drinks

Salads

Cultural

Chinese New Year

Diwali

Christmas

Demographics

Kids Friendly

Diet

Mediterranean Diet

Vegetarian Diet

Vegan Diet

Ovo-Vegetarian Diet

Low Glycemic Index Diet

The Master Cleanse Diet

The CICO (Calories In, Calories Out) Diet

The Dukan Diet

The Pritikin Diet

The Chronic Fatigue Syndrome Diet

The Low-Iron Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Easy

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