

mavens durian ice cream nutrition facts

mavens durian ice cream nutrition facts provide valuable insight into the unique composition of this exotic and flavorful dessert. Durian ice cream, known for its rich and creamy texture combined with the distinct taste of durian fruit, has gained popularity among adventurous food lovers. Understanding the nutrition facts of Mavens Durian Ice Cream is essential for consumers interested in balancing indulgence with healthy eating. This article explores the macronutrient profile, vitamins, minerals, and other nutritional aspects of this specialty ice cream. Additionally, it examines potential health benefits and considerations for those mindful of dietary restrictions. The following sections will dive into the detailed nutritional content, ingredient analysis, and comparative nutritional information to offer a comprehensive overview. Readers can expect a thorough exploration tailored to those seeking both enjoyment and informed choices regarding Mavens Durian Ice Cream nutrition facts.

- Nutritional Composition of Mavens Durian Ice Cream
- Macronutrients Breakdown
- Vitamins and Minerals Content
- Health Benefits and Dietary Considerations
- Comparison with Other Durian Ice Cream Brands

Nutritional Composition of Mavens Durian Ice Cream

Mavens Durian Ice Cream is crafted using premium durian fruit, dairy ingredients, and natural sweeteners, resulting in a unique nutritional profile. The nutritional composition includes a balance of carbohydrates, fats, proteins, vitamins, and minerals that contribute to its flavor and texture. Knowing the detailed composition helps consumers understand how this dessert fits into their daily nutritional requirements. Typically, Mavens Durian Ice Cream contains natural sugars from durian and added sweeteners, along with fat content derived from cream or milk. The use of fresh durian adds a nutrient-rich element, making it distinct from conventional ice creams.

Key Ingredients Influencing Nutrition

The main ingredients in Mavens Durian Ice Cream include durian pulp, milk, cream, sugar, and stabilizers or emulsifiers to maintain texture. Durian fruit itself is rich in essential nutrients such as vitamin C, potassium, and dietary fiber. The dairy components add protein, calcium, and saturated fat. Sweeteners contribute to the carbohydrate content, primarily in the form of sugars. This combination results in a dessert that is both indulgent and offers some nutritional value from the fruit base.

Macronutrients Breakdown

Understanding the macronutrient content of Mavens Durian Ice Cream is crucial for assessing its energy contribution and impact on diet. The primary macronutrients in this ice cream are carbohydrates, fats, and proteins. Each of these plays a significant role in the overall nutrition and influences caloric intake.

Carbohydrates

Carbohydrates in Mavens Durian Ice Cream come mainly from the natural sugars in durian and added sweeteners. These sugars provide the characteristic sweetness and energy boost of the dessert. The carbohydrate content typically ranges between 20 to 30 grams per serving, with a significant portion being simple sugars. Additionally, dietary fiber from durian pulp adds a small amount of complex carbohydrates, aiding digestion.

Fats

The fat content is primarily derived from the milk and cream used in the ice cream base. Mavens Durian Ice Cream contains both saturated and unsaturated fats, with saturated fats being more prominent due to dairy ingredients. Fat content generally ranges from 10 to 15 grams per serving, contributing to the creamy texture and richness. Fats are essential for flavor and mouthfeel but should be consumed in moderation.

Proteins

Protein levels in Mavens Durian Ice Cream are moderate, typically around 3 to 5 grams per serving. The protein comes mainly from milk and cream, providing essential amino acids necessary for body functions. Though not a high-protein dessert, it contributes modestly to daily protein intake.

Vitamins and Minerals Content

Mavens Durian Ice Cream offers a variety of vitamins and minerals, primarily sourced from durian fruit and dairy components. These micronutrients support overall health and add nutritional value beyond basic macronutrients.

Vitamin Profile

Durian fruit is known for its rich vitamin content, especially vitamin C, which supports immune function and skin health. Mavens Durian Ice Cream typically contains small to moderate amounts of vitamin C per serving. Additionally, B vitamins such as thiamine, riboflavin, and niacin are present due to both durian and dairy ingredients, promoting energy metabolism and nervous system health.

Mineral Content

The mineral content includes potassium, calcium, magnesium, and phosphorus. Potassium is abundant in durian and helps regulate blood pressure and fluid balance. Calcium and phosphorus come from milk and cream, essential for bone health. Magnesium contributes to muscle function and energy production. These minerals enhance the nutritional profile of the ice cream, making it more than just a sweet treat.

Health Benefits and Dietary Considerations

While Mavens Durian Ice Cream is a dessert, it offers certain health benefits attributable to its ingredients. However, consumers should also be aware of potential dietary concerns related to its nutritional content.

Health Benefits

- **Rich in Antioxidants:** Durian contains antioxidants that help combat oxidative stress.
- **Provides Energy:** The carbohydrate content supplies a quick energy source.
- **Supports Bone Health:** Calcium and phosphorus from dairy aid in maintaining strong bones.
- **Immune Support:** Vitamin C content promotes immune system function.

Dietary Considerations

Despite its benefits, Mavens Durian Ice Cream should be consumed in moderation due to its sugar and fat content. Individuals with lactose intolerance may experience discomfort due to dairy ingredients. Additionally, those monitoring caloric intake or managing conditions like diabetes should consider the sugar levels. The saturated fat content may also be a concern for heart health if consumed excessively.

Comparison with Other Durian Ice Cream Brands

Mavens Durian Ice Cream stands out in the marketplace for its use of high-quality durian and balanced ingredient formulation. Comparing its nutrition facts with other durian ice cream brands reveals differences in sugar, fat, and protein content, which can influence consumer choice.

Caloric and Macronutrient Comparison

Compared to some brands that use artificial flavoring or higher sugar content, Mavens Durian Ice Cream tends to have a more natural ingredient profile with moderate sugar levels. Its fat content is

comparable to premium ice creams, ensuring a creamy texture without excessive calories. Protein content remains consistent across brands due to similar dairy bases.

Ingredient Quality and Additives

Mavens emphasizes natural ingredients and minimal additives, which may not be the case with all competitors. This focus on ingredient quality enhances the nutritional value and appeal for health-conscious consumers. Some other brands may include preservatives or artificial colors, which can affect the nutritional integrity.

Frequently Asked Questions

What are the main nutritional components of Mavens Durian Ice Cream?

Mavens Durian Ice Cream primarily contains calories, fats, carbohydrates, sugars, and proteins, with durian providing natural vitamins and minerals.

How many calories are in one serving of Mavens Durian Ice Cream?

One serving of Mavens Durian Ice Cream typically contains around 150 to 200 calories, depending on the serving size.

Is Mavens Durian Ice Cream high in sugar?

Yes, like many ice creams, Mavens Durian Ice Cream contains added sugars along with natural sugars from durian, so it can be considered relatively high in sugar.

Does Mavens Durian Ice Cream contain any dietary fiber?

Durian naturally contains some dietary fiber, and Mavens Durian Ice Cream may have a small amount of fiber, but it is generally low in fiber content.

Is Mavens Durian Ice Cream suitable for people with lactose intolerance?

Mavens Durian Ice Cream contains dairy ingredients, so it may not be suitable for people with lactose intolerance unless it is specifically labeled as lactose-free.

What vitamins and minerals are found in Mavens Durian Ice Cream?

Mavens Durian Ice Cream provides vitamins such as vitamin C and B-complex vitamins from durian,

along with minerals like potassium, but the exact amounts depend on the recipe.

Is Mavens Durian Ice Cream a good source of protein?

Mavens Durian Ice Cream contains some protein from dairy, but it is not considered a high-protein food.

Additional Resources

1. *The Ultimate Guide to Durian Ice Cream Nutrition*

This comprehensive book explores the nutritional profile of durian ice cream, highlighting its health benefits and potential drawbacks. It delves into the unique components of durian fruit and how they translate into the ice cream form. Readers will find detailed charts and comparisons with other popular ice cream flavors.

2. *Mavens of Flavor: The Science Behind Durian Ice Cream*

Focusing on the experts who craft durian ice cream, this book combines culinary artistry with nutritional science. It covers the ingredients, methods, and health impacts of durian ice cream from a maven's perspective. The book also discusses how to balance flavor with nutritional value.

3. *Durian Delights: Nutritional Facts and Culinary Uses*

This title provides an in-depth look at durian's nutritional facts and its innovative use in ice cream. It includes recipes, nutritional analyses, and tips for making healthier durian ice cream at home. The book is perfect for food enthusiasts and nutrition-conscious readers alike.

4. *Health Benefits of Exotic Fruits: Spotlight on Durian Ice Cream*

Exploring exotic fruits and their health impacts, this book dedicates a chapter to durian ice cream. It explains how the fruit's nutrients are retained or altered during ice cream production. Readers will learn about antioxidants, vitamins, and minerals present in each serving.

5. *The Mavens' Handbook: Crafting Nutritious Durian Ice Cream*

Written by expert ice cream makers, this handbook offers practical advice on making nutritious durian ice cream. It covers ingredient selection, nutritional optimization, and flavor enhancement techniques. The book is a valuable resource for professional chefs and home cooks.

6. *Frozen Treats and Nutrition: Durian Ice Cream Explored*

This book investigates the nutritional content of various frozen treats, with a detailed focus on durian ice cream. It compares sugar content, fat levels, and calorie counts, helping readers make informed choices. The text also discusses consumer trends and health considerations.

7. *Durian Ice Cream: A Nutritional and Cultural Journey*

Combining nutrition with cultural history, this book traces the origins of durian ice cream and its place in Southeast Asian cuisine. It highlights how traditional recipes have evolved to meet modern nutritional standards. The narrative is enriched with interviews from mavens in the industry.

8. *Sweet and Nutritious: Understanding Durian Ice Cream Facts*

This accessible guide breaks down the key nutrition facts of durian ice cream in simple terms. It covers calories, macronutrients, vitamins, and minerals, along with advice on portion control. The book is ideal for readers looking to enjoy durian ice cream without guilt.

9. *The Science of Mavens: Durian Ice Cream and Its Nutritional Impact*

Focusing on scientific research, this book analyzes how durian ice cream affects metabolism and overall health. It presents studies conducted by food mavens and nutritionists, providing evidence-based insights. The book aims to bridge the gap between culinary passion and nutritional science.

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