

Low Carb Blackberry Ice Cream

3.6 net carbs per serving for 10 servings.



LowCarbeDiem.com



- 1 c blackberries, chopped
- 1 tsp lemon juice
- 3/4 tsp liquid Splenda
- 4 c heavy whipping cream
- 1 tsp vanilla extract

DIRECTIONS

In a 3-quart saucepan combine blackberries, Splenda and lemon juice.

Mash berries slightly and cook over medium heat, stirring occasionally, until the mixture comes to a boil. Simmer 5 minutes.

Remove from heat and puree in a blender. Cool the mixture. Add cream and vanilla.

Place in ice cream maker and freeze according to instructions. Churn an hour before serving.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 3371

Calories from Fat: 3117

% Daily Values*

Total Fat 353g	543%
Saturated Fat 219g	1097%
Cholesterol 1305mg	435%
Sodium 358mg	15%
Total Carbohydrates 44g	15%
Dietary Fiber 8g	31%
Protein 21g	
Vitamin A	285%
Vitamin C	63%
Calcium	66%
Iron	6%

* Percent Daily Values are based on a 2000 calorie diet.