

Low Carb Blueberry Ice Cream

4.2 net carbs per serving for 10 servings.



LowCarbDiem.com



- 1 c blueberries, mashed
- 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 blueberries, 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 3377

Calories from Fat: 3116

% Daily Values*

Total Fat 353g	543%
Saturated Fat 220g	1100%
Cholesterol 1305mg	435%
Sodium 367mg	15%
Total Carbohydrates 46g	15%
Dietary Fiber 4g	16%
Protein 20g	
Vitamin A	283%
Vitamin C	45%
Calcium	62%
Iron	3%

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