

Low Carb Chocolate Frosty

2 net carbs per serving for 4 servings.



LowCarbDiet.com



- 1 c heavy whipping cream
- 1 tsp vanilla extract
- 2 pkgs sugar free cocoa mix

DIRECTIONS

Beat cream and add vanilla. When soft peaks form, gradually add cocoa mix.

Continue beating until stiff peaks form (about 30 seconds).

Freeze for 30 minutes.

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

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 953	Calories from Fat: 891
	% Daily Values*
Total Fat 90g	139%
Saturated Fat 55g	274%
Cholesterol 326mg	109%
Sodium 89mg	4%
Total Carbohydrates 9g	3%
Dietary Fiber 1g	4%
Protein 5g	
Vitamin A	70%
Vitamin C	2%
Calcium	16%
Iron	2%

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