

# Low Carb Chocolate Ice Cream

2.6 net carbs per serving for 8 servings.



LowCarbDiem.com



- 2 ozs unsweetened baking chocolate
- 1/4 c unsweetened cocoa powder
- 2 eggs
- 2 c heavy whipping cream
- 1/2 tsp liquid Splenda
- 1/2 c water
- 1 tsp vanilla extract

## DIRECTIONS

Melt unsweetened chocolate in a double boiler. Whisk in the cocoa and heat, stirring constantly until smooth. Whisk in cream and water.

Remove from heat. In a bowl, whisk the eggs until light and fluffy. Whisk in the Splenda. Pour in cream and vanilla, and blend.

Combine and blend chocolate with cream mixture. Cover, refrigerate until cold.

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** 2031

Calories from Fat: 1780

**% Daily Values\***

<b>Total Fat</b> 203g	312%
Saturated Fat 123g	617%
<b>Cholesterol</b> 1077mg	359%
<b>Sodium</b> 335mg	14%
<b>Total Carbohydrates</b> 34g	11%
Dietary Fiber 13g	53%
<b>Protein</b> 31g	
<b>Vitamin A</b>	151%
<b>Vitamin C</b>	5%
<b>Calcium</b>	43%
<b>Iron</b>	47%

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