

Low Carb Coconut Ice Cream

4.1 net carbs per serving for 6 servings.



LowCarbDiem.com



- 1/2 c shredded coconut meat
- 4 egg yolks
- 2 tbsps xylitol
- 6 drop liquid Splenda
- 1 c heavy whipping cream
- 2 tbsps vanilla extract
- 1 c coconut cream

DIRECTIONS

Toast grated coconut in a skillet over medium heat, stirring constantly. Remove and set aside.

In a double boiler (off heat), combine egg yolks and sweeteners. Beat until thick. Add heavy cream and set the pot over simmering water.

Beat continuously until thick. Remove from heat, add vanilla extract and coconut milk. Beat for a moment longer.

Cover and refrigerate for several hours until chilled. Stir occasionally to prevent a skin.

An hour before serving, churn the ice cream, following the manufacturer's instructions.

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

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 2067

Calories from Fat: 1826

% Daily Values*

Total Fat 205g	316%
Saturated Fat 147g	734%
Cholesterol 1177mg	392%
Sodium 136mg	6%
Total Carbohydrates 35g	12%
Dietary Fiber 10g	38%
Protein 26g	
Vitamin A	96%
Vitamin C	16%
Calcium	28%
Iron	49%

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