

Low Carb Coffee & Cream Icee

1.5 net carbs per serving for 4 servings.



LowCarbeDiet.com



- 4 c espresso coffee
- 2 c heavy whipping cream
- 1 c crushed ice
- liquid sweetener, to taste

DIRECTIONS

Combine in blender and enjoy! Yes, it's that easy. For variations, try adding mint, crushed peppermint, cocoa powder, vanilla or cinnamon.

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

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 1726	Calories from Fat: 1637	% Daily Values*
Total Fat 178g		274%
Saturated Fat 110g		552%
Cholesterol 653mg		218%
Sodium 319mg		13%
Total Carbohydrates 12g		4%
Dietary Fiber 0g		0%
Protein 10g		
Vitamin A		140%
Vitamin C		8%
Calcium		33%
Iron		7%

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