

Low Carb Coffee Ice Cream

3.5 net carbs per serving for 4 servings.



LowCarbDiem.com



- 6 egg yolks
- 2 c heavy whipping cream
- 1/4 tsp liquid Splenda
- 4 c espresso coffee

DIRECTIONS

Beat the egg yolks with the Splenda. Add cream and coffee. Add to a sauce pan and heat until thick.

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	2083	Calories from Fat: 1918
		% Daily Values*
Total Fat	209g	321%
Saturated Fat	120g	600%
Cholesterol	1928mg	643%
Sodium	354mg	15%
Total Carbohydrates	14g	5%
Dietary Fiber	0g	0%
Protein	27g	
Vitamin A		179%
Vitamin C		8%
Calcium		46%
Iron		27%

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