

# Low Carb Lemon Sherbet

3.2 net carbs per serving for 6 servings.



LowCarbDiem.com



- 2 egg yolks
- juice and zest of 2 lemons
- 1/4 tsp liquid Splenda
- 3 c heavy whipping cream

## DIRECTIONS

Blend all ingredients well. Place in an 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.

<b>Calories</b> 2581	Calories from Fat: 2428
	<b>% Daily Values*</b>
<b>Total Fat</b> 274g	422%
Saturated Fat 168g	838%
<b>Cholesterol</b> 1404mg	468%
<b>Sodium</b> 283mg	12%
<b>Total Carbohydrates</b> 19g	6%
Dietary Fiber 0g	0%
<b>Protein</b> 20g	
<b>Vitamin A</b>	223%
<b>Vitamin C</b>	7%
<b>Calcium</b>	51%
<b>Iron</b>	8%

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