

# Low Carb Mint Ice Cream

3.2 net carbs per serving for 6 servings.



LowCarbeDiem.com



- 4 egg yolks
- 3 c heavy whipping cream
- 1/3 tsp liquid Splenda
- 1 tsp mint extract

## DIRECTIONS

Combine half of the cream and the mint extract in a saucepan. Simmer. Remove from heat and let stand for 30 minutes.

Mix in the remaining cream. Beat egg yolks and Splenda until pale yellow. Gradually beat in the cream mixture.

Return mixture to saucepan and stir over medium heat until thick. Do not let the mixture boil!

Chill. Once the mixture is 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** 2699

Calories from Fat: 2523

**% Daily Values\***

<b>Total Fat</b> 285g	438%
Saturated Fat 171g	854%
<b>Cholesterol</b> 1829mg	610%
<b>Sodium</b> 297mg	12%
<b>Total Carbohydrates</b> 19g	6%
Dietary Fiber 0g	0%
<b>Protein</b> 26g	
<b>Vitamin A</b>	236%
<b>Vitamin C</b>	7%
<b>Calcium</b>	55%
<b>Iron</b>	14%

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