

# Low Carb Peach Ice Cream

3.8 net carbs per serving for 8 servings.



LowCarbeDiem.com



- 1 c peaches
- 4 egg yolks
- 3 tbsps xylitol
- 8 drop liquid Splenda
- 1 c heavy whipping cream
- 3/4 c half and half

## DIRECTIONS

Cut peeled peaches into small chunks. Crush lightly. 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. Add half-and-half and peaches.

Cover and refrigerate for several hours. 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** 1368

Calories from Fat: 1146

**% Daily Values\***

<b>Total Fat</b> 130g	199%
Saturated Fat 74g	371%
<b>Cholesterol</b> 1244mg	415%
<b>Sodium</b> 192mg	8%
<b>Total Carbohydrates</b> 34g	11%
Dietary Fiber 3g	14%
<b>Protein</b> 23g	
<b>Vitamin A</b>	130%
<b>Vitamin C</b>	23%
<b>Calcium</b>	44%
<b>Iron</b>	15%

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