

Low Carb Peaches & Cream Ice Cream

3 net carbs per serving for 8 servings.



LowCarbDiem.com



- 8 ozs neufchatel cheese, softened
- 1/2 tsp liquid Splenda
- 2 eggs
- 1 tbsp lemon juice
- 1 tsp vanilla extract
- 2 1/2 c heavy whipping cream
- 1/2 c peaches, diced

DIRECTIONS

In a large mixing bowl, beat cream cheese and Splenda until smooth.

Beat in the eggs, lemon juice, and vanilla until well combined. Stir in the cream and peaches.

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	2842	Calories from Fat: 2539
		% Daily Values*
Total Fat	283g	436%
Saturated Fat	174g	868%
Cholesterol	1412mg	471%
Sodium	1270mg	53%
Total Carbohydrates	28g	9%
Dietary Fiber	2g	7%
Protein	48g	
Vitamin A		245%
Vitamin C		27%
Calcium		61%
Iron		15%

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