

Low Carb Peanut Butter Ice Cream

4.6 net carbs per serving for 6 servings.



LowCarbDiem.com



DIRECTIONS

Whisk together the eggs and sweetener until light and fluffy.

Add the peanut butter and whisk until smooth.

Mix in the whipping cream.

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.

2 eggs

1/4 tsp liquid Splenda

1/2 c peanut butter, chunky

3 c heavy whipping cream

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 3375

Calories from Fat: 3001

% Daily Values*

Total Fat 340g	523%
Saturated Fat 181g	904%
Cholesterol 1403mg	468%
Sodium 1011mg	42%
Total Carbohydrates 36g	12%
Dietary Fiber 8g	30%
Protein 60g	
Vitamin A	220%
Vitamin C	7%
Calcium	56%
Iron	25%

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