

Low Carb Raspberry Ice Cream

4.1 net carbs per serving for 8 servings.



LowCarbDiem.com



- 1 c raspberries, pureed
- 2 tbsps lemon juice
- 3/4 tsp liquid Splenda
- 4 c heavy whipping cream
- 1 tsp vanilla extract

DIRECTIONS

In a 3-quart saucepan combine raspberries, Splenda and lemon juice.

Mash berries slightly and cook over medium heat, stirring occasionally, until the mixture comes to a boil. Simmer 5 minutes.

Remove from heat and puree in a blender. Cool the mixture. Add cream and vanilla.

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 3364

Calories from Fat: 3116

% Daily Values*

Total Fat 353g	543%
Saturated Fat 219g	1096%
Cholesterol 1305mg	435%
Sodium 358mg	15%
Total Carbohydrates 42g	14%
Dietary Fiber 9g	35%
Protein 21g	
Vitamin A	283%
Vitamin C	85%
Calcium	64%
Iron	5%

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