

Low Carb Raspberry Sherbet

3.7 net carbs per serving for 4 servings.



LowCarbDiem.com



- 2 c raspberries, pureed
- 1 tbsp lemon juice
- 16 drop liquid Splenda
- 4 egg whites, beaten stiff

DIRECTIONS

Mix raspberries with Splenda and lemon juice.

Fold the berries into the egg whites and mix thoroughly.

Spoon into a plastic container and freeze for 4 hours.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.		
Calories	195	Calories from Fat: 11
		% Daily Values*
Total Fat	1g	2%
Saturated Fat	0g	0%
Cholesterol	0mg	0%
Sodium	219mg	9%
Total Carbohydrates	32g	11%
Dietary Fiber	17g	69%
Protein	16g	
Vitamin A		7%
Vitamin C		117%
Calcium		6%
Iron		8%

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