

Low Carb Strawberry Ice Cream

4.1 net carbs per serving for 8 servings.



LowCarbDiem.com



- 2 c strawberries
- 3 c heavy whipping cream
- 1/3 tsp liquid Splenda
- 1 tsp vanilla extract

DIRECTIONS

Place blended strawberries in ice cream maker container, add remaining ingredients.

Mix with a spoon until well blended 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 2563	Calories from Fat: 2342
	% Daily Values*
Total Fat 265g	408%
Saturated Fat 164g	822%
Cholesterol 979mg	326%
Sodium 271mg	11%
Total Carbohydrates 40g	13%
Dietary Fiber 7g	27%
Protein 16g	
Vitamin A	212%
Vitamin C	286%
Calcium	50%
Iron	7%

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