

# Low Carb Strawberry Sherbet

3.5 net carbs per serving for 6 servings.



LowCarbDiet.com



- 2 c strawberries, sliced
- 4 tbsps xylitol
- 1 tbsp lemon juice
- 16 drop liquid Splenda
- 3/4 c heavy whipping cream

## DIRECTIONS

Place strawberries in a food processor or a blender and puree; transfer to a mixing bowl. Add sweeteners and lemon juice. Stir well.

Refrigerate the strawberries until thoroughly chilled.

An hour before serving, add the cream to ice cream maker and churn according to instructions.

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

## Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

<b>Calories</b> 719	Calories from Fat: 584
	<b>% Daily Values*</b>
<b>Total Fat</b> 67g	103%
Saturated Fat 41g	206%
<b>Cholesterol</b> 245mg	82%
<b>Sodium</b> 71mg	3%
<b>Total Carbohydrates</b> 29g	10%
Dietary Fiber 8g	31%
<b>Protein</b> 6g	
<b>Vitamin A</b>	54%
<b>Vitamin C</b>	327%
<b>Calcium</b>	16%
<b>Iron</b>	7%

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