



Low Carb Quick Chocolate Almond Ice Cream

 Gluten Free

READY IN



142 min.

SERVINGS



4

CALORIES



335 kcal

DESSERT

Ingredients

- 0.1 teaspoon no sugar added almond extract
- 2 tablespoons almonds sliced
- 1 cup heavy cream
- 2 tablespoons milk ricotta cheese whole
- 0.5 cup sugar substitute (recommended: Splenda)
- 1 tablespoon cocoa powder unsweetened
- 1 teaspoon no sugar added vanilla extract

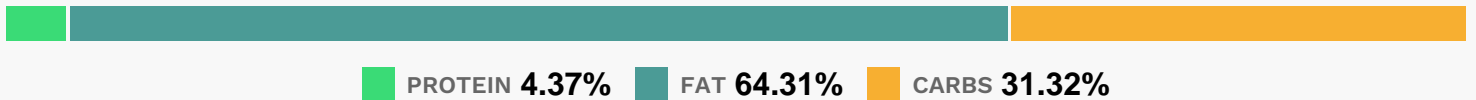
Equipment

- bowl
- frying pan
- oven
- hand mixer
- ice cream scoop

Directions

- Preheat oven to 350 degrees F.
- Spread almonds out on a sheet pan and bake for about 5 to 7 minutes until just golden brown. (Watch them carefully as they can burn easily.)
- Remove and cool.
- With an electric mixer on high, whip the heavy cream in a bowl just until frothy and add in the sugar substitute, extracts, cocoa powder, and ricotta cheese. Continue to whip on high until peaks form. Be careful not to over- whip, or cream will break.
- Fold in toasted almonds. Using a 3-ounce ice cream scoop, place 1 scoop each in a champagne glass and freeze as "faux" ice cream or serve refrigerated as a parfait. If desired, garnish with low carb whipped cream, toasted almonds, a strawberry fan, cocoa powder, and a sprig of fresh mint.

Nutrition Facts



Properties

Glycemic Index:39.27, Glycemic Load:12.21, Inflammation Score:-5, Nutrition Score:4.9086956381798%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg, Catechin: 0.87mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg, Epicatechin: 2.49mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 335.36kcal (16.77%), Fat: 25.12g (38.65%), Saturated Fat: 14.6g (91.24%), Carbohydrates: 27.53g (9.18%), Net Carbohydrates: 26.45g (9.62%), Sugar: 23.09g (25.65%), Cholesterol: 71.06mg (23.69%), Sodium: 22.7mg (0.99%), Alcohol: 0.04g (100%), Alcohol %: 0.05% (100%), Protein: 3.84g (7.68%), Vitamin A: 908.08IU (18.16%), Vitamin E: 1.84mg (12.25%), Vitamin B2: 0.19mg (10.99%), Manganese: 0.16mg (8.18%), Phosphorus: 79.59mg (7.96%), Calcium: 69.87mg (6.99%), Vitamin D: 0.97µg (6.45%), Magnesium: 24.74mg (6.19%), Copper: 0.11mg (5.36%), Selenium: 3.26µg (4.66%), Fiber: 1.09g (4.35%), Potassium: 121.25mg (3.46%), Zinc: 0.47mg (3.14%), Iron: 0.45mg (2.49%), Vitamin B12: 0.12µg (2.01%), Vitamin B5: 0.19mg (1.94%), Vitamin K: 2.02µg (1.92%), Vitamin B6: 0.03mg (1.62%), Vitamin B1: 0.02mg (1.61%), Folate: 5.88µg (1.47%), Vitamin B3: 0.25mg (1.27%)