

Low-Carb Amarena Cherry Ice-Cream

Hands-on 15 minutes Overall 2-3 hours



Nutritional values (per serving, 2 scoops): Total carbs: 5.9 g, Fiber: 0.2 g, **Net carbs: 5.7 g,**

Protein: 4 g, Fat: 40.5 g, Calories: 408 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 8 servings)

- 2 1/2 cup cream, heavy whipping or coconut milk (600 ml/ 20 fl oz)
- 1 cup crème fraîche, soured cream or more coconut milk (250 g/ 8.8 oz)
- 1/2 cup powdered Erythritol or Swerve (80 g/ 2.8 oz)
- 15-20 drops Stevia extract
- 1 tbsp sugar-free vanilla extract or seeds from 1 vanilla bean
- 3 large egg yolks
- 1/2 cup water (120 ml/ 4 fl oz)
- 2 tsp gelatine powder (5 g/ 0.2 oz) or 2/3 tsp agar powder or 4 tsp agar flakes
- 1/2 cup Low-Carb Amarenata or Dark Cherry Chia Jam (120 ml/ 4 fl oz)

Instructions

1. Pour the cream (or the coconut milk) in a large sauce pan over medium heat. Reserve 1/2 cup cream for later.
2. Add the Erythritol and stevia and stir well.
3. If using vanilla bean, cut the vanilla bean lengthwise and scrape the seeds out. Add the seeds to the cream. Cook until your instant-read thermometer reaches 80 °C/ 175 °F.
4. Meanwhile, in a small bowl, mix the egg yolks with the remaining cream.
5. Slowly pour about a cup of the hot mixture into the egg yolk mixture while whisking. Then, slowly pour the egg mixture back in the sauce pan and keep mixing. Cook until the temperature on your instant-read thermometer reaches 85 °C/ 185 °F. Take off the heat and set aside.
6. Mix the gelatine with the water and pour it into the cream mixture.
7. Set the sauce pan over an ice bath (bowl filled with iced water) and let it cool down.
8. Add the vanilla extract and mix in well.
9. If used, add the crème fraîche / soured cream and mix until well combined.
10. Pour into the into the ice-cream maker (I use Cuisinart) and process according to the manufacturer's instructions. It may take anything between 30-60 minutes depending on your ice-cream maker.
11. When done, place in a freezer-friendly container and add the Amarenata. Mix slightly to create swirls. Place in the freezer for 30-60 minutes. *I like using small single-serving containers like these.*
12. Enjoy! Tip: Ice-cream straight from the freezer may be too hard but you know the trick. Microwave for 10-20 seconds or leave at room temperature for 20-30 minutes before serving.

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