

No-Churn Keto Vanilla Chocolate Swirl Ice Cream

Hands-on 15 minutes Overall 3-4 hours

Nutritional values (per serving, ~ 1 cup, 2 large scoops): Total carbs: 4.3 g, Fiber: 0.7 g,

Net carbs: 3.7 g, Protein: 6.1 g, Fat: 27.8 g, Calories: 292 kcal,

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



Ingredients (makes 6 servings)

- 4 large eggs, separated
- 1/4 tsp [cream of tartar](#) or apple cider vinegar
- 1/2 cup [powdered Erythritol](#) or [Swerve](#) (80 g/ 2.8 oz)
- 1 1/4 cups whipping cream or [coconut cream](#) (300 ml/ 10 fl oz)
- 1 tsp [vanilla bean powder](#) or 1 [vanilla bean](#) or 1 tbsp sugar-free [vanilla extract](#)
- 6 large squares [90% dark chocolate](#) or [homemade Sugar-Free Chocolate](#) (60 g/ 2.1 oz)
- Optional: serve in homemade [Keto Sugar Cones](#)*

Instructions

1. Prepare the [keto vanilla ice-cream base](#) recipe. Separate the egg whites from the egg yolks. Start whisking the egg whites and add the cream of tartar. As the egg whites thicken, slowly add the powdered Erythritol (you can use 1/4 to 1/2 cup depending on your palate). Whisk until they create stiff peaks.
2. In another bowl, whisk the cream until soft peaks form when the whisk is removed. Be careful not to over whisk the cream.
3. In a third bowl, mix the egg yolks with the vanilla extract or vanilla powder (or seeds from vanilla bean). I used a combination of vanilla extract and vanilla bean powder.
4. Slowly fold the whisked egg whites into the whipped cream. Then add the egg yolk mixture and gently fold in using a spatula until well combined.
5. Before placing in the freezer, melt the dark chocolate. I melted mine in a glass jug placed in a sauce pan filled with 1-2 cups of hot water.
6. Remove the jug from the water bath and allow to cool. The chocolate should be fluid but not hot.
7. Using a knife, swirl the chocolate through the sugar-free vanilla ice-cream and drizzle some on top. You can keep a little back to drizzle on top when you serve if you like. You may need to reheat it to melt

it again.

8. Place in the freezer and allow to set for at least 2 hours. I froze mine for 4 hours.
9. Serve with a drizzle more of melted chocolate.
10. Store in freezer for up to 3 months.

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