

Low-Carb Cherry Garcia Ice Cream

Hands-on 30 minutes Overall 3 hours

Nutritional values (per serving, 2 scoops, 140 g/ 5 oz): Total carbs: 10.1 g, Fiber: 1.2 g,

Net carbs: 8.8 g, Protein: 4.5 g, Fat: 42.9 g, Calories: 443 kcal,

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



Ingredients (makes 8 servings)

- 4 large egg yolks
- 3 cups heavy whipping cream or [coconut cream](#) (720 ml/ 24 fl oz)
- 1/4 cup granulated low-carb sweetener such as [Allulose](#) or [Erythritol](#), [Swerve](#) (50 g/ 1.8 oz)
- 1 cup [Low-Carb Amarenata Cherry Sauce](#) (240 ml/ 8 fl oz)
- 1/2 cup [90% dark chocolate](#) chips or chopped chocolate (90 g/ 3.2 oz)

Instructions

1. Make the [Low-Carb Amarenata Cherry Sauce](#) — this will take about 45 minutes.
2. Separate the egg yolks from the egg whites. Reserve the egg whites for another recipe — you will only need the yolks.
3. In a sauce pan, whisk the egg yolks, cream and sweetener, and then gently heat up over a medium heat to cook the egg yolks. Do not boil, just enough to cook enough until the mixture starts thickening (this will take 5-10 minutes). Mix at all times to prevent the custard from sticking to the bottom.
4. Pour into the container of your ice cream maker and let it cool down to room temperature. You can place the container in a bowl filled with ice water to cool it down quickly, in just 5-10 minutes.
5. Pour the cherry amarenata through a sieve placed over the container and let the juices drip into the egg & cream mixture. Stir to combine. Reserve the cherries for later.
6. Add to ice cream maker and churn until soft-serve consistency (this will take 45-60 minutes).
7. Transfer to a freezer-safe container and stir in the reserved cherries and the chocolate chips.
8. Freeze for 30 to 60 minutes before serving or until ready to eat.
9. Soften out of the freezer for a few minutes before scooping. Store, covered, in the freezer for up to two months.

10. Serve on its own or try with my [Low-Carb Sugar Cones](#).

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