

# No-Churn Low Carb Lemon Ice Cream

Hands-on 10 minutes Overall 3-4 hours



**Nutritional values (per serving, ~ 1 cup, 2 large scoops):** Total carbs: 3.8 g, Fiber: 0.2 g,

**Net carbs: 3.6 g,** Protein: 5.2 g, Fat: 22.2 g, Calories: 238 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 heavy whipping cream or [coconut cream](#) (300 ml)
- juice of 2 lemons (about 1/2 cup)
- zest of 1 organic lemon

*Note: If a recipe calls for raw eggs and you are concerned about the potential risk of Salmonella, you can make it safe by using **pasteurized eggs**. To pasteurize eggs at home, simply pour enough water in a saucepan to cover the eggs. Heat to about 60 °C/ 140 °F. Using a spoon, slowly place the eggs into the saucepan. Keep the eggs in the water for about 3 minutes. This should be enough to pasteurize the eggs and kill any potential bacteria. Let the eggs **cool down** before using in any recipe, or store in the fridge for 6-8 weeks.*

## Tips for soft ice-cream:

This keto recipe produces the most delicious soft, creamy ice cream without the need of an ice-cream maker. However, once left in the freezer for more than 4 hours, it will get hard. Below are some tips to help you keep it soft:

Vodka or other similar alcoholic drink - about 1/4 cup. Vodka is best as it's neutral and leaves no aftertaste.

[Vegetable glycerin](#) - 1-2 tbsp. This ingredient will prevent crystallisation. It has a minimum effect on blood sugar but I personally count all the carbs in it because it has more calories than sugar.

You can try putting the ice-cream in single-serving containers so you don't have to wait for too long until it softens when taken out of the freezer.

2. Start whisking the egg whites and add the apple cider vinegar or cream of tartar. As the egg whites thicken, slowly add the powdered erythritol.
3. Whisk until the egg whites create stiff peaks.
4. In another bowl, whisk the cream until thick and you have stiff peaks. Make sure you don't over whip it though (the cream would split). If you prefer dairy free, you can use whipped coconut milk.
5. In a clean bowl, mix the egg yolks with the lemon juice and zest.
6. Slowly fold the whisked egg whites into the whipped cream.
7. Then add the egg yolk mixture and gently fold in using a spatula until well combined.
8. Place the mixture in a loaf pan or a freezer-friendly container and freeze for at least 2 hours (I froze mine for 4 hours).
9. If the ice cream is too hard (if frozen overnight), either leave it in the fridge for 30-45 minutes, or on the kitchen counter for 10-15 minutes before serving.
10. Optionally, serve with [Low-Carb Ice Cream Sugar Cones!](#)
11. Store it in freezer for up to 3 months.

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## Instructions

1. Place your loaf pan in the freezer to chill. Separate the egg whites from the egg yolks.