AMERICAN · DESSERT

Keto Mint Chocolate Chip Ice Cream (No Churn)

10 min · plus about 5 hours freezing · Makes 3 × 1 scoop · 279 kcal a portion

Video 4:10 · Joe Duff - The Diet Chef

Vegetarian · Gluten-free ingredients · No nuts listed

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Cream with erythritol, peppermint and stevia-sweetened chocolate chips: about 3 g net carbs a scoop and no added sugar.

Diet notes: Keto (2.9 g net carbs a serve).

Ingredients 4 · MAKES 3 × 1 SCOOP

- [ ] 1 heaped tbsp (¼ oz) **semi-sweet keto chocolate chips** (Lily's), chopped
- [ ] 1 cup **heavy cream**
- [ ] 3 tbsp (¾ oz) **confectioners erythritol** (Swerve)
- [ ] ¼ tsp (1 g) **peppermint extract**

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Weigh the keto chocolate chips, chop them into small pieces on a board and set aside. 0:40
2. Set a wide-mouth mason jar (at least 2 cups) on the scale and pour in the heavy cream. 1:13
3. Add the confectioners erythritol. If you'll keep the ice cream frozen for more than a day, use allulose instead so it stays soft. 1:32
4. Add the peppermint extract, 3 drops of green food colouring if you like, and half the chopped chips. 2:41
5. Screw on the lid and shake for a couple of minutes, until the cream thickens and nearly doubles. Add the rest of the chips and give it a short final shake. 3:07
6. Freeze for about 5 hours, then scoop into bowls (3 scoops). 3:35

> **Tip** Green food colouring (about 3 drops) is optional. Allulose swaps 1:1 for the erythritol and keeps the ice cream scoopable for days, as the cook suggests.

The method is a summary in our words — the video shows every step.

One portion (1 scoop) gives you 1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
279 kcal	1.9 g	4.1 g	1.2 g	29 g	30 mg
1,170 kJ	4% of a day	2.9 g net · 2.3 g sugars	4% of a day	19 g saturated	1% of a day
		2% of a day		37% of a day	

Energy from net carbs 4% · protein 3% · fat 93% — fits keto: 2.9 g net carbs, 93% of the energy from fat

High in (20%+ of a day) Vitamin A 36%

Source of (10–19%) Omega-3 15%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=Rg2dRYXmr-c, published 31 August 2019. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-mint-chocolate-chip-ice-cream