AMERICAN · DESSERT

Keto Strawberry Ice Cream with Sour Cream (No Churn)

20 min · plus 6 hours to overnight freezing · Makes 8 × 1 scoop (½ cup) · 169 kcal a portion

Video 4:05 · All Day I Dream About Food

Vegetarian · Gluten-free ingredients · No nuts listed

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Fresh strawberries with sour cream and whipped cream, sweetened with allulose and erythritol: about 4 g net carbs a scoop and no added sugar.

Diet notes: Keto (3.8 g net carbs a serve).

Ingredients 6 · MAKES 8 × 1 SCOOP (½ CUP)

- [ ] 8 oz **strawberries**, fresh or frozen and thawed
- [ ] ⅓ cup **allulose or BochaSweet**
- [ ] 1 cup **full-fat sour cream**
- [ ] 1 tsp **vanilla extract**
- [ ] 1 cup **heavy whipping cream**
- [ ] ⅓ cup **powdered erythritol** (Swerve Confectioners)

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. Put the strawberries in a blender or food processor. If they're frozen, thaw and drain them first so the ice cream isn't icy. 0:27
2. Add the allulose (or BochaSweet), which keeps the ice cream softer than erythritol alone, and blend smooth or leave a few chunks. 1:01
3. In a bowl, whisk the sour cream, vanilla and strawberry purée until well combined. Set aside. 1:26
4. Beat the heavy cream with the powdered erythritol until it holds stiff peaks. 1:57
5. Fold the strawberry mixture into the whipped cream until no streaks remain, then spread it in a freezer-safe dish. 2:27
6. Freeze at least 6 hours, ideally overnight, then scoop into ½-cup servings. It stays scoopable straight from the freezer. 2:44

> **Tip** The cook also adds an optional 2 tbsp (1 oz) vodka to the purée to reduce iciness; we've left it out. Keeps in an airtight container for up to 3 months.

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

One portion, 1 scoop (½ cup), gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
169 kcal	1.5 g	4.4 g	0.6 g	16 g	20 mg
710 kJ	3% of a day	3.8 g net · 3.3 g sugars	2% of a day	9.8 g saturated	1% of a day
		2% of a day		21% of a day	

Energy from net carbs 9% · protein 4% · fat 87% — fits keto: 3.8 g net carbs, 87% of the energy from fat

Source of (10–19%) Vitamin A 19% · Vitamin C 19%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=iv1N6hJczVc, published 15 June 2022. 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-strawberry-ice-cream-no-churn