AMERICAN · DESSERT

Scoopable Sugar-Free Vanilla Ice Cream

90 min · plus 1 h chilling, 4–6 h freezing Makes 8 × 1/2 cup 328 kcal a portion

Video 6:29 · All Day I Dream About Food

Vegetarian | Gluten-free ingredients | No nuts listed

Sweetened with erythritol and allulose instead of sugar, so a half-cup scoop has about 2.6 g net carbs. It is very rich (about 35 g fat), so a small scoop goes a long way.

Diet notes: Keto (2.6 g net carbs a serve).

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Ingredients 9 · MAKES 8 × 1/2 CUP

- [ ] 350 ml **heavy whipping cream**, for the condensed milk
- [ ] 50 g **powdered Swerve** (erythritol), for the condensed milk
- [ ] 50 g **allulose** (or BochaSweet), for the condensed milk
- [ ] 2 tbsp **butter**
- [ ] 1/4 tsp **xanthan gum**
- [ ] 350 ml **heavy whipping cream**, for the ice cream
- [ ] 3 tbsp **powdered Swerve** (erythritol), for the ice cream
- [ ] 1 tsp **vanilla extract**
- [ ] 1/8 tsp **salt**

Amounts in metric 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. Make the condensed milk: whisk 350 ml cream with the 60 ml powdered Swerve and the allulose in a saucepan and bring to a simmer over medium heat. 0:42
2. Turn the heat to low and keep it at a gentle simmer, without boiling, for about 30 minutes, until syrupy and reduced by about a third. Stir in the butter until melted, then sprinkle in the xanthan gum while whisking. Cool to room temperature. 1:17
3. Whisk in the remaining 350 ml cream, 3 tbsp powdered Swerve, the vanilla and salt. Taste and add more sweetener if you like. 2:09
4. Chill the mixture at least 1 hour (2–3 hours or overnight if your ice cream maker has a freeze-ahead bowl). 3:22
5. Churn in an ice cream maker until it looks like soft serve (30–60 minutes), scrape into an airtight container and freeze 4–6 hours until firm but scoopable. 3:50

> **Tip** The video uses BochaSweet; counted like xylitol, it adds about 3 g net carbs a scoop (allulose adds none). To lighten it, swap 180 ml of the second lot of cream for nut milk. Her optional vodka is left out.

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

One portion (1/2 cup) gives you 1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
328 kcal	1.9 g	2.6 g	0.1 g	35 g	70 mg
1,370 kJ	4% of a day	2.6 g net · 2.6 g sugars	0% of a day	22 g saturated	3% of a day
		1% of a day		45% of a day	

Energy from net carbs 3% · protein 2% · fat 95% — fits keto: 2.6 g net carbs, 95% of the energy from fat

High in (20%+ of a day) Vitamin A 43%

Source of (10–19%) Omega-3 17%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=4Y2yriCHVFI, published 19 May 2021. 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-vanilla-ice-cream-condensed-milk