AMERICAN · DESSERT

# Keto Chocolate Ice Cream in a Mason Jar (No Churn)

10 min · plus 4–5 hours freezing  Makes 3 × 1 scoop  275 kcal a portion

Video 3:11 · Joe Duff - The Diet Chef

Vegetarian | Gluten-free ingredients | Nut-free

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Just cream, cocoa and erythritol: about 3 g net carbs a scoop and no added sugar, so it won't spike blood sugar.

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

## Ingredients 4 · MAKES 3 × 1 SCOOP

- [ ] 1 heaped tbsp (7 g) **unsweetened cocoa powder**
- [ ] 2 tbsp (¾ oz) **confectioners erythritol** (Swerve)
- [ ] 1 cup **heavy whipping cream**
- [ ] 1 tsp (3 g) **pure vanilla extract**

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

**Contains:** Milk. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Set a 24 oz wide-mouth mason jar on a kitchen scale and weigh in the cocoa powder. 0:28
2. Add the confectioners erythritol. 1:03
3. Pour in the heavy cream and the vanilla; the alcohol in the extract helps keep the ice cream soft. 1:24
4. Screw on the lid and shake hard for 3–5 minutes, until the cream thickens and roughly doubles in volume. 1:47
5. Freeze for 4–5 hours, giving the jar a good shake every hour for the first 2 hours. It is creamiest the day it's made. 2:00
6. If it has been frozen longer than a day, let it stand at room temperature (up to 30 minutes) until it softens, then scoop into 3 portions. 2:42

> **Tip** Use a 3 cups jar so the cream has room to double. Swap the erythritol for monk fruit or allulose if you prefer.

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 |
|---|---|---|---|---|---|
| 275 kcal<br>1,150 kJ | 2.1 g<br>4% of a day | 3.7 g<br>2.9 g net · 2.4 g sugars<br>1% of a day | 0.8 g<br>3% of a day | 29 g<br>18 g saturated<br>37% of a day | 30 mg<br>1% 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=bKKG80qgs-4, published 11 May 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-chocolate-mason-jar-ice-cream