AMERICAN · DESSERT

Keto Coffee Ice Cream with Allulose (No Churn)

10 min · plus 4–5 hours freezing Makes 3 × 1 large scoop 276 kcal a portion

Video 3:17 · Joe Duff - The Diet Chef

Vegetarian | Gluten-free ingredients | Nut-free

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Cream with instant coffee, sweetened with allulose instead of sugar: about 3 g net carbs a scoop and no added sugar.

Diet notes: Keto (2.8 g net carbs a serve).

Ingredients

5 · MAKES 3 × 1 LARGE SCOOP

- [ ] 240 ml **heavy cream**
- [ ] 50 g (just under 80 ml) **allulose**
- [ ] 1 tsp (2 g) **instant coffee**
- [ ] ½ tsp **vanilla extract**
- [ ] **salt**, a tiny pinch

Amounts in metric 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. Pour the heavy cream into a 700 ml mason jar or other sealable jar. 0:38
2. Add the allulose. It keeps the ice cream scoopable for days; erythritol or monk fruit blends freeze harder and are sweeter, so use a little less of those. 0:54
3. Add the instant coffee, vanilla and a tiny pinch of salt. 1:54
4. Seal the jar and shake for 2–3 minutes, until the cream thickens and nearly doubles in volume. 2:15
5. Freeze for 4–5 hours. 2:28
6. Let it stand for a couple of minutes, then scoop out 3 large scoops. 2:38

> **Tip** Use a jar of at least 700 ml so the cream has room to double. Choose an instant coffee you like the taste of; its flavour comes through strongly.

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

One portion (1 large scoop) gives you

1 OF 3 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
276 kcal	1.8 g	2.8 g	0 g	29 g	70 mg
1,160 kJ	4% of a day	2.8 g net · 2.4 g sugars	0% of a day	18 g saturated	3% of a day
		1% of a day		37% of a day	

Energy from net carbs 4% · protein 3% · fat 93% — fits keto: 2.8 g net carbs, 93% of the energy from fat

High in (20%+ of a day) Vitamin A 37%

Source of (10–19%) Omega-3 15%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=I2zHby52QTA, published 26 July 2020. 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-coffee-mason-jar-ice-cream-allulose