AMERICAN · DESSERT

Keto Lemon Sherbet with Sour Cream

20 min · plus about 5 hours chill, churn, freeze · Makes 12 × 1 large scoop · 108 kcal a portion

Video 8:44 · Serious Keto (Steve)

Vegetarian · Gluten-free ingredients · Nut-free

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Sour cream and lemon sweetened with allulose and erythritol: about 3 g net carbs a scoop and no added sugar.

Diet notes: Keto (2.7 g net carbs a serve).

Ingredients

7 · MAKES 12 × 1 LARGE SCOOP

- [ ] **Lemon zest**: zest of 1 lemon
- [ ] **Lemon juice**: juice of 1 lemon
- [ ] ⅔ cup **allulose and granular erythritol** (Swerve), half and half
- [ ] ½ cup **water**
- [ ] 2 tbsp (1½ oz) **honey-flavoured allulose syrup** (All-U-Lose)
- [ ] ½ tsp (2 g) **salt**
- [ ] 2½ cups **full-fat sour cream**

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. Finely zest the lemon with a microplane, then squeeze its juice. Set both aside. 0:47
2. In a medium saucepan combine the allulose and erythritol, water, allulose syrup and salt. Whisk over medium heat until dissolved into a clear syrup. 1:23
3. Meanwhile, put the sour cream in a bowl (one with a spout is handy) and set it in a larger bowl of ice water. 2:30
4. Take the syrup off the heat and whisk it into the sour cream, then whisk in the lemon juice and zest. 3:15
5. Leave it in the ice bath, stirring now and then, until it reads about 45°F — about 1 to 1½ hours. 3:56
6. Pour into a running ice cream maker and churn 30–60 minutes, until thick like soft serve. 4:25
7. Scrape into a container and freeze for 2–3 hours before scooping. 5:50

> **Tip** You need an ice cream maker. Using only erythritol makes it freeze too hard; the allulose keeps it scoopable. For a stronger lemon flavour, chill the base overnight before churning.

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

One portion (1 large scoop) gives you

1 OF 12 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
108 kcal	**1.3** g	**2.8** g	**0** g	**11** g	**80** mg
450 kJ	3% of a day	2.7 g net · 2 g sugars	0% of a day	5.6 g saturated	4% of a day
		1% of a day		13% of a day	

Energy from net carbs 9% · protein 5% · fat 86% — fits keto: 2.7 g net carbs, 86% of the energy from fat

Source of (10–19%) Vitamin A 10%

Recipe and video: Serious Keto (Steve) (@SeriousKeto) on YouTube — youtube.com/watch?v=ciHhd4L_G_M, published 2 April 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-sour-cream-lemon-sherbet