AMERICAN · DESSERT

Two-Ingredient Carnivore Ice Cream (Cream and Egg Yolks)

25 min · plus 3–5 hours freezing · Makes 8 × ½ cup (about 70 g) · 237 kcal a portion

Video 9:27 · Steak and Butter Gal

Carnivore · Vegetarian · Gluten-free ingredients · Nut-free

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No sugar or sweetener at all — just cream and egg yolks, so a half-cup scoop has only about 2 g of carbohydrate. It is rich, though: about 240 kcal and 24 g of fat a scoop, with a good share of a day's vitamin A.

Diet notes: Keto (2 g net carbs a serve).

Ingredients

2 · MAKES 8 × ½ CUP (ABOUT 70 G)

- ☐ 475 ml **heavy whipping cream**
- ☐ 5 **egg yolks**

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

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

Method

TIMES = THE MOMENT IN THE VIDEO

1. Half-fill a large bowl with ice cubes, scatter about 120 ml of any cheap salt over the ice and mix (the salt only makes the ice colder; it doesn't go in the ice cream). Nest a smaller metal bowl in the ice to chill. 1:48
2. Separate the eggs, keeping the 5 yolks. Pour the cream into the cold metal bowl and add the yolks. 2:20
3. Beat on the mixer's lowest speed for about 10 minutes (about 15 minutes by hand with a whisk) until thick, whipped and stiff enough to hold its shape when you lift the beaters. 2:46
4. Cover both bowls with a tea towel and put the whole ice-bath set-up in the freezer for 45 minutes. 3:25
5. Take it out and beat again for 5 minutes (about 7 by hand) to break up the ice crystals; this keeps the ice cream smooth. 3:39
6. Spoon into a lidded container, or press plastic wrap onto the surface, and freeze 2 hours for soft-serve or about 4 hours for firm scoops. 4:03

> **Tip** The yolks stay raw: use very fresh or pasteurised eggs, and pasteurised ones for children, pregnancy or older people. The cook says 4 yolks gives a lighter result. Serves is our estimate (8 half-cup scoops).

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

One portion, ½ cup (about 70 g), gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
237 kcal	2.9 g	2 g	0 g	24 g	30 mg
990 kJ	6% of a day	2 g net · 1.8 g sugars	0% of a day	15 g saturated	1% of a day
		1% of a day		31% of a day	

Energy from net carbs 3% · protein 5% · fat 92% — fits keto: 2 g net carbs, 92% of the energy from fat

High in (20%+ of a day) Vitamin A 32%

Source of (10–19%) Vitamin B12 14% · Selenium 14% · Omega-3 12%

Recipe and video: Steak and Butter Gal (@SteakandButterGal) on YouTube — youtube.com/watch?v=eThXPuoVJfk, published 14 May 2024. 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/two-ingredient-carnivore-ice-cream