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## Is sonic soft serve real ice cream keto friendly

Does Sonic have a secret menu? What is the healthiest thing to eat at Sonic? What is the ocean water at Sonic made of? Does Sonic have Diet Dr Pepper? How many carbs are in a Sonic milkshake? What is the lowest calorie drink at Sonic? What is the best drink at Sonic? Will one cheat day ruin ketosis? What Chinese food is Keto? Is guacamole good for Keto? Can you eat hummus on ketogenic diet? dairy queen In case you missed it, next week on March 20, Dairy Queen will be handing out free cones to celebrate the start of spring. Even though outside temperatures are still pretty low in many parts of the country, there's nothing like a helping of DQ's famous soft-serve to help you get over your winter blues. You probably spent a ton of time eating at Dairy Queen throughout your childhood, but as you probably couldn't have guessed by now, there's actually a lot of history hiding behind all those swirly cones. 1. You're not actually eating ice cream when you order a cone This content is imported from Instagram. You may be able to find the same content in another format, or you may be able to find more information, at their web site. It's called soft-serve for a reason, and the company has stated before that the frozen delight served in its thousands of locations doesn't exactly qualify as ice cream. "To be categorized as ice cream, the minimum butterfat content must be 10 percent, and our soft-serve has only 5 percent butterfat," DQ writes. It's not ice cream, but it is delicious.2. The soft-serve that you know and love is made from a top-secret recipeWant to know what makes Dairy Queen's soft-serve taste so delicious? That's too bad, because it's made with a secret formula that you'll never become privy to. The chain's chief branding officer, Michael Keller, once told ABC News that the recipe is "kept in a safe deposit box and there are only a few keys to it." 3. There's a quirky story behind the chain's nameDairy Queen officially got its name from soft-serve creator Jack "Grandpa" McCullough, who called the store's sweet staple a queen among dairy products.4. The curl on top of each cone is a DQ trademark This content is imported from Instagram. You may be able to find the same content in another format, or you may be able to find more information, at their web site. And, according to DQ employees, it's not as easy to master as it looks.5. Blizzards are served upside down because of a 14-year-old boy's strange request Facebook.com/dairyqueen If you order a Blizzard at any of Dairy Queen's locations, there a good chance that your server will hand it to you upside down. And if you think that's a bizarre branding tactic, you can credit that to a 14-year-old boy from St. Louis named Steve Gamber. Back in the day, Gamber used to frequent a local ice cream stand close in proximity to a DQ owned by Sam Temperato. Every day when ordering from the ice cream stand, Gamber would request that the shake be made thicker than usual, resulting in the stand's owner, Ted Drewes Jr., one day serving him a shake so thick that he could turn it upside down without risking the ice cream spilling out of the cup. In 1983, Temperato took Drewes' idea over to DQ execs — and the rest is history.6. DQ used to sell frozen yogurtAnd you probably don't remember it because it never really caught on. It was around for a small chunk of time in the '90s before being removed from the menu because of extremely low demand. 7. Texas is the state with the most DQ locationsThe chain may have gotten its start in Joliet, IL, but Texas is home to the most DQ locations. The state has over 6 stores — and we dare you to try and hit them all.Download the Delish app today.Follow Delish on Instagram. This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io Utroja0/Pixabay How many people a gallon of ice cream serves depends on how much each person eats. If each person eats 1 cup, the gallon will serve 16 people because there are 16 cups in a gallon. If a person eats half a cup, approximately the amount in the average scoop of ice cream, the gallon will serve 32 people. If each person eats three scoops of ice cream, the gallon will serve 10 people with one cup leftover. Many ice cream containers have a recommended serving size listed alongside the nutritional information, although some people may eat more or less than that amount, based on their appetites, ages, number of toppings, if the ice cream is in a cone or served with pie or cake, and other factors. Ice cream is widely available in the United States. Find it in the frozen section at most grocery stores, convenience stores, and anywhere else that sells food. It's also typically available in both fast-food and sit-down restaurants. Some shops and restaurants specialize in ice cream like Dairy Queen, Baskin-Robbins, Cold Stone Creamery, and Bruster's. Some people choose to make their own ice cream at home by purchasing an ice cream maker. Where to Buy Ice Cream Where Did Ice Cream Come FromThe exact origin of ice cream isn't clear, but history suggests that it began with an affinity for icy beverages. Historical figures like King Solomon, Alexander the Great, and Nero Claudius Caesar allegedly enjoyed eating snow flavored with everything from honey to fruit juices. Noble members of the Tang Dynasty enjoyed a frozen snack that included milk and camphor, according to PBS. Throughout medieval times, aristocrats in Europe adapted an icy drink known as sherbet from the Middle East. By the 17th century, a Naples man named Antonio Latini created a sorbet containing milk that many consider the first official ice cream. Ice Cream in the United States Ice cream in the United States dates back to the arrival of European settlers in the 1700s. The first ice cream parlor in the New World opened in 1790 in New York, but it remained a treat for prominent citizens for years. Former presidents, including George Washington, Thomas Jefferson, and Abraham Lincoln all enjoyed ice cream. When ice houses were invented, ice cream became a more mainstream treat sold mostly through soda fountains and ice cream parlors. During World War II, it was a popular treat for the troops. After the war, it became even more mainstream as it was mass-produced and sold in grocery stores. What Is in Ice CreamNot all ice cream has the same ingredients, but cream and sugar are the basic foundation for traditional ice cream. The U.S. requires that any ice cream sold has at least 10% milkfat. The higher the milkfat, the smoother the ice cream is. Many commercially sold ice creams contain stabilizers to improve texture, and some may include sugar substitutes to lower the sugar content. Finally, ingredients, ranging from vanilla to fruit are added to change the ice cream's flavor. How to Make Ice Cream Ingredients are mixed and added to a freezer, but the work doesn't end there when making ice cream. Constant churning prevents the mixture from turning into ice by adding air to create the familiar ice cream texture. When the ice cream is finished, it should be stored in a freezer in an airtight container. Variations on Ice Cream These days there are many variations on traditional ice cream. Soft serve is churned more frequently and kept at lower temperatures while frozen custard ice cream contains egg yolks. Frozen yogurt is yogurt that is churned like ice cream, and gelato is denser and contains more milk than cream. Other Interesting Facts About Ice Cream More ice cream is produced and eaten in the U.S. than any other country in the world, and California produces more than any other state. The average household eats 48 pints per year, and plain vanilla is the most popular flavor. Chocolate syrup is the most popular topping. The first known ice cream cone was sold in 1904 at the World's Fair in St. Louis, Missouri. More ice cream is sold on Sunday than any other day of the week, which is ironic considering that years ago when soda fountains first opened, enjoying an ice cream soda on Sunday was frowned upon. MORE FROM REFERENCE.COM Written by Lizzie Streit, MS, RDN, LD — Medically reviewed by Kathy W. Warwick, R.D., CDE, Nutrition — Updated on February 24, 2021We include products we think are useful for our readers. If you buy through links on this page, we may earn a small commission. Here's our process.The keto diet involves drastically reducing your carb intake and replacing it with fat.Since ice cream is generally high in carbs, most of which come from sugar, it typically doesn't fit into a keto diet. However, several brands of low carb ice cream are made with plant fibers and sugar alcohols that don't get digested. As such, they don't contribute carbs to your diet. You can also make keto ice cream at home.Share on PinterestWe chose these keto ice creams based on quality of ingredients, consumer popularity, accessibility online and in stores, and nutritional value in keeping with a keto diet. Here are the top 6 store-bought and homemade keto ice creams. Rebel makes keto-friendly ice creams that are low in carbs but still taste creamy and delicious.In particular, their varieties are low in net carbs, which are calculated by subtracting the total grams of fiber and sugar alcohols in a serving from the total grams of carbs. Most people on a keto diet need to eat fewer than 50 grams of net carbs per day to achieve ketosis, but some individuals need to reduce carbs even more (1). With only 5 grams of net carbs in an entire pint, Rebel's Butter Pecan is a tasty treat that can be enjoyed on a keto diet. However, it's important to note that the entire pint contains 700 calories. An entire pint also contains 24 grams of sugar alcohol. Some people experience an upset stomach with this amount of sugar alcohol. Pints are available for purchase online and at several major grocery stores. Per 2/3 cup (89 grams) (2): Calories: 230 Fat: 24 grams Carbs: 13 grams Fiber: 3 grams Sugar alcohol: 8 grams Net carbs: 2 grams Protein: 3 grams This keto-friendly, dairy-free ice cream is very low in calories and carbs. It's also made with prebiotic fiber, which feeds the beneficial probiotic bacteria in your gut and supports healthy digestion. The fiber in Arctic Zero helps reduce the net carb count to 5 grams per serving (3). In addition to Cake Batter, Arctic Zero pints are available in Chocolate, Cookie Shake, Salted Caramel, and other flavors. They can be purchased online, as well as at several grocery stores. Per 1/2 cup (58 grams) (4): Calories: 40 Fat: 0 grams Carbs: 9 grams Fiber: 4 grams Sugar: 5 grams Sugar alcohol: 0 grams Net carbs: 5 grams Protein: 1 gram Made with skim milk and milk proteins, Enlightened Chocolate Peanut Butter has a creamy rich texture similar to that of regular ice cream. It's sweetened with a combination of sugar and sugar alcohols and thus low in net carbs and keto-friendly. What's more, 1 serving packs 7 grams of protein and only 100 calories, making it a filling treat (5). Enlightened pints are available online and at major grocery stores, including Whole Foods. The company also makes low carb, dairy-free dessert bars (6). Per 1/2 cup (68 grams) (5): Calories: 100 Fat: 4.5 grams Carbs: 15 grams Fiber: 5 grams Sugar alcohol: 6 grams Net carbs: 4 grams Protein: 7 grams Halo Top is a low carb option that's higher in protein than most other keto-friendly ice creams. The Cookies & Cream flavor contains skim milk, eggs, and probiotic fiber. It's primarily sweetened with erythritol, a zero-calorie sugar alcohol that doesn't contribute to net carb count (7, 8). You can purchase Halo Top ice creams online and at most major grocery stores. They also offer varieties that are made without dairy and eggs. However, be sure to read the nutrition facts and ingredient lists, since the number of net carbs varies by flavor. Per 1/2 cup (66 grams) (7): Calories: 80 Fat: 2.5 grams Carbs: 16 grams Fiber: 3 grams Sugar alcohol: 5 grams Net carbs: 8 grams Protein: 5 grams Homemade vanilla keto ice cream Making keto ice cream at home is easy, so long as you have low carb sweeteners on hand. This version of keto ice cream is made with erythritol, which you can buy online and at some grocery stores. To make it, whisk together 2 cups (500 mL) of canned full fat coconut milk, 1/4 cup (48 grams) of erythritol, and 1 teaspoon (5 mL) of vanilla extract. Pour it into ice cube trays and freeze it for a few hours. Add the frozen cubes to a blender and blend until creamy and smooth before serving. This recipe yields about 4 servings. Per 1/2 cup serving: Calories: 226 Fat: 24 grams Carbs: 3 grams Fiber: 0 grams Sugar alcohol: 12 grams Net carbs: 0 grams Protein: 2 grams Homemade strawberry keto ice cream Since berries are lower in carbs than most other fruits, they're a great addition to homemade keto ice cream. To make low carb strawberry ice cream at home, blend 2 cups (500 mL) of heavy cream with 1/4 cup (60 grams) of sour cream, 1/2 cup (100 grams) of fresh strawberries, and 1/3 cup (64 grams) of erythritol or Swerve (a low carb sweetener). Transfer the mixture to a loaf pan and freeze for 3–5 hours, until it's hard and ready to serve. This recipe makes 4 servings. Per 1/2 cup serving: Calories: 454 Fat: 45 grams Carbs: 6 grams Fiber: 0 grams Sugar alcohol: 16 grams Net carbs: 0 grams Protein: 5 grams Several low carb ice creams can be enjoyed on a keto diet. Keep in mind that these products are still treats that should be enjoyed in moderation. They don't provide nearly as much nutrition as whole, low carb vegetables and healthy proteins and fats. Still, if you want a keto-friendly product to satisfy your craving for ice cream, refer to this list. Last medically reviewed on December 28, 2020 This article is based on scientific evidence, written by experts and fact checked by experts. Our team of licensed nutritionists and dietitians strive to be objective, unbiased, honest and to present both sides of the argument. This article contains scientific references. The numbers in the parentheses (1, 2, 3) are clickable links to peer-reviewed scientific papers.







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