

Quest for the Best - Non-Dairy Ice Cream

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
Nada Moo Dairy Free Frozen Dessert - The Rockiest Road	9 Very rich chocolate flavor with yummy brownie chunks. I actually found it slightly too sweet though.	10 Although there was some iciness at the top of the pint, it gave way to super thick and creamy ice cream with lots of brownie chunks, marshmallows, and some nuts.	<i>Per 2/3 cup (95 g):</i> 190 cals 1 g protein 10 g fat 22 g carbs (6 g fiber, 13 g sugar, incl. 6 g added sugar)	<i>15 flavors:</i> Banana Caramel Crunch Birthday Cake Cookie Dough Caramel Cold Brew & Cookies Cookie Dough Fudge Cookies & Creme Maple Pecan Marshmallow Stardust Organic Chocolate Organic Chocolate Peanut Butter Organic Mint Chip Organic Vanilla Bean Peach Cobbler Pistachio Nut Rockiest Road Strawberry Cheesecake	Organic coconut milk, water, organic agave syrup, tapioca syrup, organic inulin, organic cocoa powder (processed with alkali), almonds, sugar, rice flour, tapioca starch, arrowroot powder, non-GMO canola oil, coconut oil, sorghum flour, xanthan gum, vanilla extract, organic guar gum, cocoa powder, sea salt, organic locust bean gum, natural flavor, carrageenan, soy protein.	\$5.99 per pint	I found this at HEB.	<p>Protein 2%, Fat 48%, Carbs 49%</p>
Luna & Larry's Coconut Bliss Dairy-Free Frozen Dessert — Chocolate Peanut Butter	9.5 Really great chocolate flavor - it's more of a milk chocolate than anything. I knocked off half a point only because I found myself hunting for the peanut butter.	9 The ice cream itself is perfectly creamy, but my only issue is that the peanut butter swirls are more like big chunks of frozen peanut butter shards. If only the peanut butter was distributed better, this would have been a 10/10 DF ice cream.	<i>Per 2/3 cup (128 g):</i> 320 cals 5 g protein 23 g fat 25 g carbs (3 g fiber, 18 g sugar, incl. 15 g added sugar)	<i>8 flavors:</i> Chocolate Chip Cookie Dough, Chocolate Hazelnut Decadence, Chocolate Walnut Brownie, Cold Brew Coffee, Dark Chocolate, Mint Chip, Peruvian Mocha Crunch, Sea Salt Caramel + Chocolate	Organic Coconut Milk (Organic Coconut, Water, Organic Guar Gum), Organic Agave Syrup, Organic Peanut Butter (Organic Peanuts, Salt), Organic Fair Trade Cocoa (processed with alkali), Organic Vanilla Extract	\$5.49 per pint	Even though the texture of the peanut butter was slightly disappointing, I would definitely buy this one again.	<p>Protein 6%, Fat 31%, Carbs 63%</p>
SO Delicious Dairy Free Oatmilk - Peanut Butter and Raspberry	9.5 I love how bright and fresh the raspberry swirls taste in this vanilla base. I just wish I could taste more of the peanut butter.	9 The ice cream part is super creamy and the raspberry swirls are great. The peanut butter gets a little hard in the freezer though.	<i>Per 2/3 cup (113 g):</i> 250 cals 3 g protein 14 g fat 30 g carbs (1 g fiber, 20 g sugar, incl. 20 g sugar)	<i>7 flavors:</i> Caramel Apple Crumble Chocolate Hazelnut Brownie Chocolate Salted Caramel Creamy Vanilla Bean Oatmeal Cookie Peanut Butter Raspberry S'mores	Oatmilk (Filtered Water, Whole Oat Flour), Organic Cane Sugar, Organic Coconut Oil, Organic Tapioca Syrup, Peanuts, Peanut Oil, Black Raspberries, Sugar, Pea Protein, Rice Starch, Natural Flavor, Salt, Black Currant Juice Concentrate, Guar Gum, Locust Bean Gum, Citric Acid.	\$4.47 per pint	I found this at HEB.	<p>Protein 5%, Fat 47%, Carbs 49%</p>
Cado Avocado Frozen Dessert - Deep Dark Chocolate	8.5 Not your typical chocolate flavor that you get in a dessert. It's a bittersweet and bright chocolate flavor, though the ice cream overall has plenty of sweetness.	10 Good and creamy.	<i>Per 1/2 cup (75 g):</i> 170 cals 1 g protein 12 g fat 18 g carbs (1 g fiber, 12 g sugar)	<i>8 flavors:</i> Cherry Amaretto Chip Cookies & Cream Deep Dark Chocolate Java Chip Mint Chocolate Chip Salted Caramel Swirl Simply Lemon Vanilla Bean	Organic Avocado Puree (Water, Organic Avocado), Nonorganic Avocado Oil, Organic Cane Sugar, Organic Tapioca Starch, Organic Chocolate (Organic Cane Sugar, Organic Unsweetened Chocolate, Organic Cocoa Butter, Organic Vanilla Extract), Peppermint Extract, Sea Salt, Organic Guar Gum, Organic Gum Acacia, Organic Vanilla Extract.	\$5.99 per pint	I found this at HEB.	<p>Protein 2%, Fat 39%, Carbs 59%</p>

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Van Leeuwen Non-Dairy Frozen Dessert - Chocolate	8 The chocolate is definitely more of a dark chocolate, but although the flavor comes through, I thought it was a little too sweet and there was a bit of an odd aftertaste.	10 Nice and creamy.	<i>Per 1/2 cup (89 g):</i> 230 cals 4 g protein 16 g fat 21 g carbs (2 g fiber, 17 g sugar)	<i>19 flavors:</i> Brownie Sundae Raspberry Swirl, Caramelized Banana Praline, Chocolate, Chocolate Chip Cookie Dough, Chocolate Oat Milk Cookie Dough Chunk, Cookie Crumble Strawberry Jam, Cookies & Cream Caramel Swirl, Honeycomb, Gianduja Pie, Mint Chip, Oat Milk Brown Sugar Chunk, Oat Milk Caramel Cookie, Oat Milk Dark Chocolate Peanut Butter Swirl, Oat Milk Mocha Latte, Oat Milk Strawberry, Peanut Butter Chocolate Chip, Rocky Road, Salted Caramel, Sicilian Pistachio, Vanilla Bean	cashew milk (filtered water, raw cashews), coconut cream, cane sugar, cocoa powder, cocoa liquor, organic virgin coconut oil, cocoa butter, salt, carob bean gum	\$5.13 per pint	I found this at HEB.	
Ben & Jerry's Non-Dairy Frozen Dessert - Chocolate Fudge Brownie	7.5 Very fudgy up front, but it doesn't have a good depth of flavor. I can also definitely pick up on the fact that there's pea protein in there.	10 Nice and creamy with chunks of fudgy brownie deliciousness.	<i>Per 1/2 cup (100 g):</i> 200 cals 3 g protein 11 g fat 23 g carbs (2 g fiber, 16 g sugar)	<i>5 flavors:</i> Cherry Garcia Chocolate Fudge Brownie Coconut Seven Layer Bar Coffee Caramel Fudge PB & Cookies	Almond Milk (Water, Almonds), Liquid Sugar (Sugar, Water), Coconut Oil, Sugar, Cocoa (Processed with Alkali), Wheat Flour, Corn Syrup Solids, Soybean Oil, Cocoa Powder, Corn Syrup, Pea Protein, Sunflower Lecithin, Corn Starch, Guar Gum, Vanilla Extract, Locust Bean Gum, Salt, Baking Soda, Natural Flavor (Coconut), Soy Lecithin, Barley Malt.	\$4.09 per pint	This brand is widely available.	
Planet Oat Non-Dairy Frozen Dessert - Chocolate Peanut Butter	8.5 I didn't get a lot of chocolate flavor coming through and it could have used a touch more sweetness BUT I loved how much peanut butter was in this one!	9 Took a while for this one to soften, but once it did it was really creamy. I wish the peanut butter swirls would have gotten as creamy as the ice cream.	<i>Per 2/3 cup (113g):</i> 280 cals 5 g protein 16 g fat 30 g carbs (3 g fiber, 16 g sugar, incl. 15 g added sugar)	<i>6 flavors:</i> Blueberry Oat Crumble, Chocolate, Chocolate Peanut Butter, Coffee Fudge Swirl, Cookies & Creme, Vanilla	Oatmilk (Filtered Water, Oats), Peanut Butter Swirl (Peanuts, Sugar, Peanut Oil, Salt), Cane Sugar, Coconut Oil, Tapioca Syrup, Cocoa Processed With Alkali, Mono & Diglycerides, Guar Gum, Locust Bean Gum And Sea Salt.	\$4.99 per pint	I don't have a normal photo of this brand because I found it at a grocery store near my parents' house while I was visiting them.	
Archer Farms Non-Dairy Frozen Dessert - Peanut Butter & Chocolate	9 Great peanut butter flavor coming through in both the ice cream and the swirls. I took off a point though because the chocolate doesn't come through very strong in the peanut butter truffles.	8 This one takes a while to get creamy/melty but it has great swirls and plenty of chunks of the chocolate covered peanut butter truffles. I wish the texture of the truffles was a little smoother/softer though.	<i>Per 2/3 cup (109g):</i> 280 cals 5 g protein 16 g fat 30 g carbs (0 g fiber, 22 g sugar, includes 22 g added sugar)	<i>8 flavors:</i> Cashew Caramel Chocolate Peanut Butter Cookie Dough Mint Cookies & Cream Strawberry & Fudge Vanilla Almond Vanilla Bean Vanilla Cake & Cookie Dough	Almondmilk (Water, Almonds), Cane Sugar, Peanut Butter Cookie Dough (Peanuts, Peanut Oil, Cane Sugar, Salt), Organic Tapioca Syrup, Truffle (Sugar, Peanut Butter [Dry Roasted Peanuts, Peanut Oil], Palm Kernel Oil, Dextrose, Cocoa Processed With Alkali, Coconut Oil, Natural Flavor, Salt, Soy Lecithin), Coconut Oil, Pea Protein, Carob Bean Gum, Gellan Gum, Sunflower Lecithin.	\$3.99 per pint	You can find this brand at Target.	

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Halo Top Dairy Free Frozen Dessert	<p>Pancakes & Waffles (8.5): I thought this was really yummy. There's barely a coconut taste to it but that could be due to the super-sweetness of the maple swirl.</p> <p>Candy Bar (8.5): I was expecting a stronger chocolate flavor, but it's more like the inside of a Snickers bar... caramel swirls, chunks of peanuts, and maybe some nougat too?</p>	8.5 There is a very slight grittiness to this, probably due to the pea protein on the ingredients list. Otherwise, it's really creamy and ice cream-like. I could have used more mix-ins for texture though.	<i>Per 2/3 cup (91 g):</i> 130 cals 4 g protein 6 g fat 22 g carbs (7 g fiber, 8 g sugar, incl. 7 g added sugar, 6 g sugar alcohol)	<i>7 flavors:</i> Birthday Cake Candy Bar Chocolate Chocolate Almond Crunch Chocolate Chip Cookie Dough Peanut Butter Cup Sea Salt Caramel	Coconut Milk (Coconut Cream, Water), Soluble Corn Fiber, Organic Cane Sugar, Erythritol, Caramel Swirl (Tapioca Syrup, Sugar, Water, Palm Kernel Oil, Natural Flavors, Brown Rice Protein Isolate, Pectin, Salt, Sunflower Lecithin), Chocolate Swirl (Sugar, Corn Syrup, Water, Cocoa, Chocolate Liquor, Corn Starch, Coconut Oil, Natural Flavor, Salt, Sunflower Lecithin), Rice Protein Concentrate, Roasted Peanuts (Sunflower Oil), Vegetable Glycerin, Pea Protein Isolate, High Fat Cocoa, Natural Flavors, Natural Peanut Flavor, Organic Carob Gum, Organic Guar Gum, Sea Salt, Organic Sunflower Lecithin, Organic Stevia Leaf Extract.	\$4.99 per pint	<p>Ingredients and nutrition listed are for the Candy Bar flavor.</p> <p>It looks like they discontinued the Pancakes & Waffles flavor after I tried that one.</p>	<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>10%</td></tr> <tr><td>Fat</td><td>34%</td></tr> <tr><td>Carbs</td><td>56%</td></tr> </table>	Macro	Percentage	Protein	10%	Fat	34%	Carbs	56%
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SO Delicious Dairy Free Cashewmilk Non-Dairy Frozen Dessert - Dark Chocolate Truffle	7.5 Good level of sweetness and some chocolate flavor, though I wish the flavor was deeper. It also tastes a little like there's pea protein in it even though there isn't.	9.5 It comes out of the pint a little crumbly but it's super creamy in your mouth. There are chocolate "flakes" throughout, along with a fudgy swirl.	<i>Per 2/3 cup (115 g):</i> 250 cals 3 g protein 15 g fat 30 g carbs (2 g fiber, 23 g sugar, incl. 23 g added sugar)	<i>7 flavors:</i> Bananas Foster Creamy Chocolate Chocolate Cookies n Cream Dark Chocolate Truffle Salted Caramel Cluster Snickerdoodle Very Vanilla	Cashewmilk (Filtered Water, Cashews), Sugar, Organic Fudge Sauce (Organic Cane Sugar, Water, Organic Cocoa [Processed With Alkali], Organic Tapioca Starch, Organic Chocolate Liquor), Organic Coconut Oil, Chocolate Flake (Cane Sugar, Organic Coconut Oil, Cocoa, Chocolate Liquor, Natural Vanilla Flavor), Organic Cocoa (processed With Alkali), Organic Tapioca Syrup, Pea Protein, Sea Salt, Locust Bean Gum, Guar Gum.	\$4.69 per pint		<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>4%</td></tr> <tr><td>Fat</td><td>51%</td></tr> <tr><td>Carbs</td><td>45%</td></tr> </table>	Macro	Percentage	Protein	4%	Fat	51%	Carbs	45%
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Oatly! Non-Dairy Frozen Dessert - Chocolate	6 The chocolate flavor doesn't come through very well and I thought this had an odd aftertaste... something along the lines of pea protein (even though there isn't any in it).	10 Really creamy almost immediately out of the freezer.	<i>Per 2/3 cup (100 g):</i> 210 cals 2 g protein 11 g fat 24 g carbs (2 g fiber, 18 g sugar, incl. 18 g added sugar)	<i>7 flavors:</i> Chocolate Chocolate Chip Coffee Mint Chip Oat Strawberry Vanilla	Oat base (water, oats), coconut oil, sugar, dextrose, glucose syrup, low erucic acid rapeseed oil, cocoa powder treated with alkali. Contains 2% or less of: mono- and diglycerides of fatty acids, locust bean gum, guar gum, sea salt.	\$4.99 per pint		<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>1%</td></tr> <tr><td>Fat</td><td>49%</td></tr> <tr><td>Carbs</td><td>47%</td></tr> </table>	Macro	Percentage	Protein	1%	Fat	49%	Carbs	47%
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Arctic Zero Non-Dairy - Purely Chocolate	8 Pretty solid chocolate flavor, although the icy texture keeps you from getting the chocolate richness and sweetness until it's mostly melted in your mouth.	5 Really more of a sorbet texture, this one is not creamy at all and has an icy look and feel.	<i>Per 1/2 cup (58 g):</i> 40 calories 1 g protein 0 g fat 9 g carbs (4 g fiber, 5 g sugar)	<i>11 flavors:</i> Brownie Blast Cake Batter Cherry Chocolate Chunk Chocolate Peanut Butter Classic Vanilla Cookie Dough Chunk Cookie Shake Hint of Mint Pistachio Purely Chocolate Salted Caramel	Purified Water, Organic Cane Sugar, Prebiotic Fiber, Faba Bean Protein Concentrate, Dutch Processed Cocoa Powder With Alkali, Acacia Gum, Tara Gum, Guar Gum, Sea Salt, Natural Flavors, Monk Fruit Concentrate	\$4.89 per pint	Note: I received free samples of this product when it first came out.	<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>10%</td></tr> <tr><td>Fat</td><td>90%</td></tr> <tr><td>Carbs</td><td>0%</td></tr> </table>	Macro	Percentage	Protein	10%	Fat	90%	Carbs	0%
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SorBabes Vegan Sorbet - CocoaHaze	4 I really wanted to like this (cocoa + hazelnut!!) but the flavor just didn't work for me. I could definitely taste the hazelnut but it totally overwhelmed any chocolate flavor that might have been there...though I really didn't detect it.	8.5 Was a little crumbly coming out of the container, but was pretty creamy as I ate it. Lots of hazelnut chunks and chocolate bits throughout.	<i>Per 1/2 cup (90 g):</i> 190 cal 2 g protein 9 g fat 27 g carbs (2 g fiber, 19 g sugar)	<i>7 flavors:</i> Cocoa Haze Jam'n Lemon Macadamia Cookie Pasionilla Peanut Butta Luva Pistachio & Caramel Raz'n Berry	Water, Cane Sugar, Hazelnut Butter (Nut Butter, Pieces), Chicory Root, Erythritol, Cocoa, Contains 2% or Less of High Oleic Safflower Oil, Unsweetened Chocolate, Coconut Oil, Cocoa Processed with Alkali, Safflower Oil, Natural Flavor, Sea Salt, Sunflower Lecithin, Guar Gum, Carob Bean Gum, Xanthan Gum, Salt, Stevia Leaf Extract (Reb M), Vanilla Extract	\$5.30 per pint	I found this at HEB.	<p>Legend: Protein (blue), Fat (green), Carbs (yellow)</p> <p>Protein: 1%, Fat: 41%, Carbs: 55%</p>
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