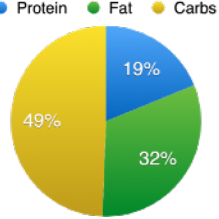
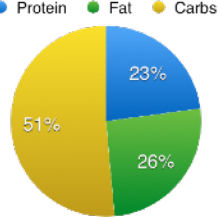


Quest for the Best - Healthier Ice Cream

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
Enlightened Light	<p>Brownies & Cookie Dough (10) Super chocolatey and indulgent! The ice cream has a great chocolate flavor and there are plenty brownie bits, chocolate chips, and cookie dough chunks.</p> <p>Caramel Fudge Pretzel (9) If you're into salty/sweet, this one is awesome! The chunks of fudge covered pretzels are a great size to make sure you get a salty crunch to go with the caramel swirls. I thought the vanilla base was on the too sweet side though.</p> <p>Chocolate Peanut Butter (9) I love how much peanut butter flavor there is here, but I really wish the chocolate came through a bit better.</p> <p>Cold Brew Coffee (10) I love coffee and this one has tons of coffee flavor! Just don't expect any mix ins here.</p>	10 Seriously creamy! Best texture of all of them - doesn't come out of the pint crumbly either.	Per 2/3 cup serving: 130 cals 8 g protein 6 g fat 21 g carbs (9 g fiber, 5 g sugar, incl. 1 g added sugar, 4 g sugar alcohol)	12 flavors: Brownies & Cookie Dough Caramel Fudge Pretzel Chocolate Chocolate Chip Cookie Dough Chocolate Peanut Butter Cookies & Cream Cold Brew Coffee Marshmallow Peanut Butter Mint Chocolate Chip Salted Caramel Cookie Snickerdoodle Vanilla Bean	Skim Milk, Non-GMO Soluble Corn Fiber, Milk Protein Concentrate, Peanuts, Cream, Erythritol, Dutched Cocoa, Allulose, Tapioca Syrup, Peanut Oil, Vegetable Glycerin, Salt, Mono & Diglycerides, Cellulose Gel, Cellulose Gum, Monk Fruit Extract, Vitamin A Palmitate	\$4.97 per pint	Enlightened gets high marks for texture, but you have to be pretty patient to let it sit out on the counter a solid 15 minutes before you can really scoop it. Nutrition info and ingredients listed are for the Chocolate Peanut Butter flavor.	 <p>● Protein ● Fat ● Carbs</p>
Trader Joe's Light Ice Cream	<p>Chocolate Peanut Butter: 10 Tastes like the real thing, what else can I say?? Rich chocolate, peanut butter flavor comes through nicely.</p> <p>Joe-Joe's Cookies & Cream: 9.5 This may be because I'm not normally a cookies and cream kinda girl, but I found this one slightly too sweet. It's still really delicious and honestly tastes like you would think cookies and cream should.</p>	10 Ultra creamy, even though it comes out of the pint looking slightly crumbly. I could have used more mix ins though, especially in the chocolate peanut butter one.	Per 2/3 cup serving: 120 calories 8 g protein 4 g fat 18 g carbs (4 g fiber, 10 g sugar, incl. 6 g added sugar)	2 flavors: Chocolate Peanut Butter Joe-Joe's Cookies & Cream	Nonfat Milk, Cream, Milk Protein Concentrate, Tapioca Maltodextrin, Dextrose, Inulin, Cane Sugar, Cocoa Processed With Alkali, Peanut Butter (Roasted Peanuts, Sugar, Peanut Oil, Salt), Egg Yolks, Sea Salt, Carob Bean Gum, Guar Gum, Steviol Glycosides (From Stevia Leaf), Monk Fruit Extract.	\$2.99 per pint	The new Trader Joe's light ice cream totally lives up to the hype! It's a great value and I love that there are no sugar alcohols.	 <p>● Protein ● Fat ● Carbs</p>

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Halo Top - Chocolate	10 This one has a deep chocolate flavor. Tastes like the real thing!	9 You can see in the picture that Halo Top looks a little crumbly coming out of the pint (even after letting it thaw for 15 minutes) BUT it's super creamy when it hits your mouth!	<i>Per 1/2 cup serving:</i> 70 calories 5 g protein 2.5 g fat 12 g carbs (2 g fiber, 5 g sugar, 5 g sugar alcohol)	<i>17 flavors:</i> Vanilla Bean Chocolate Lemon Cake Strawberry Mint Chip Chocolate Mocha Chip Birthday Cake Chocolate Chip Cookie Dough Peanut Butter Cup Cookies & Cream Sea Salt Caramel S'mores Pistachio Oatmeal Cookie Chocolate Almond Crunch Black Cherry Red Velvet	Milk and cream, eggs, erythritol, prebiotic fiber, milk protein concentrate, organic cane sugar, high fat cocoa, vegetable glycerin, sea salt, organic carob gum, organic guar gum, organic stevia.	\$4.99 per pint		<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>20%</td></tr> <tr><td>Fat</td><td>25%</td></tr> <tr><td>Carbs</td><td>55%</td></tr> </table>	Macro	Percentage	Protein	20%	Fat	25%	Carbs	55%
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Arctic Zero Light Ice Cream - Chocolate Chunk	9 This is a pretty chocolatey ice cream but has a very slight bitterness to the chocolate flavor.	10 Very creamy and nice big chunks of chocolate that aren't too hard to eat in a frozen treat.	<i>Per 1/2 cup serving:</i> 80 cals 2 g protein 2 g fat 14 g carbs (3 g fiber, 10 g sugar)	<i>7 flavors:</i> Cookies & Cream Chocolate Chunk Cookie & Brownie Dough Mint & Chocolate Cookies Peanut Butter & Chocolate Cookies Toffee Crunch Vanilla Bean	Skim Milk, Cane Sugar, Prebiotic Fiber, Organic Chocolate Chunks (Organic Cane Sugar, Organic Coconut Oil, Organic Cocoa Powder, Organic Soy Lecithin, Organic Vanilla Extract), Cream, Dutch Processed Cocoa Powder with Alkali, Whey Protein Concentrate, Acacia Gum, Guar Gum, Locust Bean Gum, Sea Salt, Natural Flavors	\$4.99 per pint	Arctic Zero sent me all of their new flavors to try out and review, and I was not disappointed! I like their light ice cream a lot, especially compared to their Fit Frozen Desserts line (see #12 on this list). The chocolate chunk flavor was my personal favorite but they were all really yummy.	<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>10%</td></tr> <tr><td>Fat</td><td>20%</td></tr> <tr><td>Carbs</td><td>70%</td></tr> </table>	Macro	Percentage	Protein	10%	Fat	20%	Carbs	70%
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Breyers Delights Ice Cream - Creamy Chocolate	9.5 Breyers did a great job with the chocolate flavor here...deep and rich, more of a dark chocolate flavor than milk chocolate. It's not too sweet and there's no pronounced aftertaste.	9 It takes quite a while for this one to soften up, but once it does it's nice and creamy.	<i>Per 2/3 cup serving:</i> 90 cals 7 g protein 2.5 g fat 22 g carbs (1 g fiber, 7 g sugar, includes 2 g added sugar, 6 g sugar alcohol)	<i>7 flavors:</i> Butter Pecan Cookies & Cream Creamy Chocolate Mint Chip Raspberry Fudge Vanilla Bean Vanilla Cupcake	Skim Milk, Soluble Corn Fiber, Erythritol, Milk Protein Concentrate, Dutched Cocoa (Processed with Alkali), Cream, Less Than 2% of: Sugar, Guar Gum, Carob Bean Gum, Stevia Leaf Extract, Vitamin A Palmitate	\$4.99 per pint		<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>10%</td></tr> <tr><td>Fat</td><td>20%</td></tr> <tr><td>Carbs</td><td>70%</td></tr> </table>	Macro	Percentage	Protein	10%	Fat	20%	Carbs	70%
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Skinny Cow Low Fat Ice Cream - Oh Fudge Cookie	9 The vanilla base of this ice cream is rich and the fudge swirls are delicious and chocolatey.	9.5 This ice cream has a super creamy mouth feel. I would have given it a 10 if the cookie chunks were more noticeable - they're pretty small and get lost in the creaminess of the ice cream.	<i>Per 1/2 cup serving:</i> 105 cals 6 g protein 3 g fat 14 g carbs (0 g fiber, 11 g sugar)	<i>7 flavors:</i> Chocolate Cake Me Away Fudgetastic Java Mint Chip Mashup Oh Fudge Cookie Oh My! Vanilla Bean Peanut Butter Chocolate Rock On! Rocky Road	Skim Milk, Milk Protein Concentrate, Sugar, Cream, Corn Syrup, Egg Yolks, Wheat Flour, Water, Cocoa Processed with Alkali, Palm Oil, Salt, Guar Gum, Pectin, Chocolate, Caramel Color, Corn Starch, Baking Soda, Natural Flavor, Soy Lecithin, Stevia Leaf Extract, Vanilla Extract, Vitamin A Palmitate	\$4.48 / 14 oz package	Skinny Cow also offers ice cream sandwiches, bars, and cones.	<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>10%</td></tr> <tr><td>Fat</td><td>20%</td></tr> <tr><td>Carbs</td><td>70%</td></tr> </table>	Macro	Percentage	Protein	10%	Fat	20%	Carbs	70%
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Chilly Cow Light Ice Cream - Chocolate Brownie Batter	9 The chocolate flavor is nice and rich. I'd call it more of a milk chocolate flavor than dark and the swirls are a great touch. It's on the border of being too sweet for me though.	9.5 Perfectly creamy with pretty swirls of fudge. I wish the fudge was a little more noticeably different in texture than the ice cream though.	<i>Per 1 cup serving:</i> 190 cals 12 g protein 5 g fat 37 g carbs (11 g fiber, 13 g sugar)	<i>7 flavors:</i> Brown Butter Salted Caramel Chocolate Brownie Batter Chocolate Chip Cookie Dough Cookies 'n' Cream Mint Dark Chocolate Chip Sweet Cream Peanut Butter Vanilla Graham Swirl	Ultra-filtered Nonfat Milk*, Inulin, Erythritol, Sugar, Cream, Cocoa, Contains 2% or less of Cocoa Processed with Alkali, Chocolate Extract, Stevia Leaf Extract (Reb M), Natural Flavor, Whole Wheat Flour, Glycerine, Soybean Oil, Tapioca Syrup, Skim Milk, Molasses, Sea Salt, Sunflower Lecithin, Salt, Soy Lecithin, Water, Baking Soda, Carob Bean Gum, Vitamin A Palmitate.	\$4.48 / pint	For those of us who have trouble stopping at one serving (ahem, me!), Chilly Cow is a great option since each "pint" actually comes in 2 separate containers.	
Ben & Jerry's Moo-Phoria Light Ice Cream - P.B. Dough	9.5 The base of this ice cream has more of a dark chocolate taste. The cookie dough is good and peanut buttery. It's not overly sweet and I didn't notice any sort of aftertaste.	9 This isn't quite as creamy as some of the other options on the list and I wish there were more cookie dough chunks.	<i>Per 1/2 cup serving:</i> 160 cals 4 g protein 5 g fat 25 g carbs (1 g fiber, 16 g sugar)	<i>3 flavors:</i> Caramel Cookie Fix Chocolate Milk & Cookies P.B. Dough	Water, Organic Skim Milk, Liquid Sugar (Sugar, Water), Corn Syrup Solids, Wheat Flour, Organic Cream, Cocoa (Processed with Alkali), Sugar, Egg Yolks, Peanuts, Brown Sugar, Butter (Cream, Salt), Chocolate, Salt, Tapioca Flour, Peanut Flour, Natural Flavor, Vanilla Extract, Guar Gum, Peanut Oil, Locust Bean Gum, Cocoa Butter, Soy Lecithin	\$4.19 per pint	This isn't officially a "protein ice cream," but you'll find it in that part of the freezer section. It's tasty, but only clocks in at 10% of its calories coming from protein.	
Forte High Protein Gelato - Chocolate	9 Forte tastes almost exactly like chocolate ice cream...it's got the deep chocolate flavor and sweetness you would expect (not surprising since there are 18 g sugar per serving!)	9 Nice and creamy like regular gelato.	<i>Per 1/2 cup serving:</i> 160 calories 15 g protein 2.5 g fat 19 g carbs (1 g fiber, 18 g sugar)	<i>4 flavors:</i> Vanilla Chocolate Ginger Espresso	Skim milk, milk proteins, organic Fair Trade cane sugar, cream, organic agave nectar, organic Fair Trade Dutch-process cocoa, cage-free egg yolk, organic Fair Trade Madagascar vanilla	\$2.75 per 1/2 cup (equates to \$11 per pint)	If you're looking for the next best thing to ice cream or are in search of something organic, this is a good one if you can spare the extra sugar.	
Archer Farms Reduced Fat Ice Cream - Chocolate Peanut Butter	8.5 There is definitely more of a milk chocolate flavor to the ice cream base and I think it fell short of the chocolate flavor I would have liked. The peanut butter was really great in there though - it has a nice saltiness to offset the sweetness of the ice cream base.	9 The ice cream itself is nice, smooth and creamy. The peanut butter swirls are nice and thick but they can be hard to find.	<i>Per 2/3 cup serving:</i> 110 cals 7 g protein 5 g fat 18 g carbs (1 g fiber, 6 g sugar, includes 1 g added sugar)	<i>Caramel Maple Bourbon Pecan</i> Chocolate Peanut Butter Chocolate Pecan Pie Cookie Dough Mini Donut Mint Cookies & Cream Mocha Cold Brew Coffee	Skim Milk, Erythritol, Chicory Root Extract, Peanut Butter Swirl, (Peanuts, Corn Oil, Dextrose, Salt, Monoglycerides), Cream, +Milk Protein Concentrate, Cocoa (Processed with Alkali), Contains Less Than 2% of Natural Flavor, Monk Fruit Extract, Sugar, Glycerine, Mono & Diglycerides, Guar Gum, Carob Bean Gum, Vitamin A Palmitate	\$3.69 / pint	This is Target's answer to Halo Top... they stick it in the same case and highlight on the package how many calories and how much protein you get per pint. I thought they did a pretty good job and really like the fact that the serving size listed on the package is more realistic than most - 2/3 cup vs 1/2 cup.	

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)
Enlightened Keto Ice Cream	<p>Chocolate Peanut Butter (7) I don't get as much chocolate flavor here as I would like, but the sweetness is perfect and there is plenty of peanut butter!</p> <p>Ice Cream Cake (8) I found this flavor to be a bit too sweet overall, but I did like the fudge swirls and cake cookie dough bits.</p> <p>Mint Chocolate Chip 8.5 Good mint flavor, though I wish it was stronger. I think the chocolate bits are slightly bitter, but it wouldn't stop me from eating this.</p>	8 Looks crumbly as you take it out of the container (even after letting it sit for a while) but it's actually pretty thick and creamy thanks to the high fat content.	<i>Per 2/3 cup serving:</i> 230 cals 5 g protein 21 g fat 14 g carbs (4 g fiber, <1 g sugar, 3 g sugar alcohol)	<i>11 flavors:</i> Butter Pecan Caramel Chocolate Double Dough Chocolate Glazed Donut Chocolate Peanut Butter Coffee Chocolate Chunk Ice Cream Cake Mint Chocolate Chunk PB Cooke & Brownie Dough Peanut Butter Fudge Red Velvet Triple Chocolate Brownie Dough	Cream, water, pecans, egg yolks, non-GMO soluble corn fiber, allulose, natural flavor, erythritol, milk protein concentrate, vegetable glycerin, sunflower oil, tara gum, guar gum, butter, monk fruit concentrate, salt, citric acid.	\$4.97	Nutrition listed is for Chocolate Peanut Butter flavor.	<p>● Protein ● Fat ● Carbs</p>
ProYo Low Fat Ice Cream - Dutch Chocolate	7.5 The chocolate flavor is strong, but not rich. It's quite sweet and doesn't have the tanginess of yogurt that you might expect.	9 This one doesn't even need to thaw before it gets creamy! Just be careful because it will melt fast if you don't pay attention.	<i>Per 1/2 cup serving:</i> 120 calories 10 g protein 1.5 g fat 20 g carbs (3 g fiber, 9 g sugar, 7 g sugar alcohols)	<i>7 flavors:</i> Vanilla Bean Mint Chip Dutch Chocolate Coconut Mocha Dark Chocolate Toffee Blueberry Pomegranate	Skim Milk, Whole Milk, Whey Protein Concentrate, Xylitol (Natural Sweetener), Cane Sugar, Inulin, Cocoa treated with Alkali, Natural Flavors	\$3.89 per pint	I actually really liked this one even though I didn't expect to. I would definitely buy again.	<p>● Protein ● Fat ● Carbs</p>
Yasso Frozen Greek Yogurt - Chocolate PB & Yay	8.5 The peanut butter swirl in this fro-yo is a little bitter but the chocolate base has a nice sweetness and has good, deep flavor.	8 Starts a little icy but then gets creamy as it melts. The peanut butter swirl is present throughout - they weren't stingy with it!	<i>Per 1/2 cup serving:</i> 150 cals 7 g protein 5 g fat 20 g carbs (1 g fiber, 16 g sugar)	<i>8 flavors:</i> Best of Both Swirls Caramel-Pretzel Mania Chocolate PB & Yay Coffee Brownie Break Loco Coco Caramel Mint Champion Chip Party Animal Rolling in the Dough	Nonfat Milk, Greek Yogurt (Nonfat Milk, Yogurt Cultures), Peanut Butter Base (Peanuts, Sugar, Peanut Oil, Salt), Sugar, Peanut Butter Flakes (Powdered Sugar (Sugar, Corn Starch), Coconut Oil, Peanuts, Salt, Natural Flavor, Soy Lecithin), Milk Protein Concentrate, Dextrose, Maltodextrin, Cocoa Processed with Alkali, Cream, Locust Bean Gum, Soy Lecithin, Guar Gum.	\$4.99 per pint	You can find this brand at Target.	<p>● Protein ● Fat ● Carbs</p>
Slim Twin Organic Ice Cream - Chocolate	7.5 This is more of a dark chocolate flavor but it also comes with a slight aftertaste.	8.5 It takes a while for this one to soften, but once it does, it's mostly creamy.	<i>Per 1/2 cup serving:</i> 70 cals 6 g protein 1.5 g fat 11 g carbs (3 g fiber, 4 g sugar, 4 g sugar alcohol)	<i>7 flavors:</i> Cardamom Chocolate Coffee Cookies & Cream Lemon Cookie Mint Chip Vanilla	Organic nonfat milk, organic egg yolk, organic milk protein concentrate, organic cocoa powder processed with alkali, organic erythritol, organic soluble tapioca fiber, organic cream, organic cane sugar, organic vanilla extract, organic locust bean gum, organic monk fruit extract	\$5.49 per pint	This is a spin off of the Three Twins brand ice cream.	<p>● Protein ● Fat ● Carbs</p>

	Taste	Texture	Nutrition	Flavors	Ingredients	Value	Notes	Macro Content (% of total calories)								
Arctic Zero Fit Frozen Dessert - Purely Chocolate	7.5 There's not nearly as much flavor in Arctic Zero as Halo Top and Eat Enlightened. The chocolate flavor is there, but it's not a deep flavor.	8.5 You need to catch this one at the perfect amount of melt for it to be creamy, but even then, it's not all that creamy.	<i>Per 1/2 cup serving:</i> 35 calories 3 g protein 0 g fat 7 g carbs (2 g fiber, 5 g sugar)	<i>17 flavors (10 creamy flavors plus 7 chunky flavors):</i> Purely Chocolate Toasted Coconut Cappuccino Chocolate Peanut Butter Cookie Shake Hint of Mint Salted Caramel Vanilla Maple Cake Batter Poppin' Pomegranate Buttery Pecan Cookie Dough Chip Brownie Blast Snickerdoodle Dandy Cherry Chocolate Chunk Peanut Butter Swirl Rocky Road Trip	Purified water, Whey Protein Concentrate (Milk), Organic Cane Sugar, Chicory Root , Sugarcane Fiber , Dutch Processed Cocoa Powder with Alkali, Guar Gum, Xanthin Gum, Natural Flavors, Sea Salt, Monk Fruit Concentrate.	\$4.99 per pint	Arctic Zero has less mix-ins compared to Eat Enlightened but this is a good option if you need something with no fat and very low calories!	<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>20%</td></tr> <tr><td>Fat</td><td>10%</td></tr> <tr><td>Carbs</td><td>70%</td></tr> </table>	Macro	Percentage	Protein	20%	Fat	10%	Carbs	70%
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Thrive Ice Cream - Simply Chocolate (No Sugar Added)	5 The chocolate flavor is super artificial.	8 This one is creamy once you get it in your mouth, but it's really hard to scoop.	<i>Per 1/2 cup serving:</i> 110 calories 6 g protein 5 g fat 16 g carbs (5 g fiber, 1 g sugar, 9 g sugar alcohol)	<i>4 flavors (All available in regular and no sugar added varieties):</i> Creamy Vanilla Simply Chocolate Salted Caramel Buttered Pecan	Water, Cream, Maltitol, Milk Proteins, Inulin, Cocoa (processed with alkali), Polydextrose, Vitamins & Minerals (Dimagnesium Phosphate, Tricalcium Phosphate, Potassium Chloride, Dipotassium Phosphate, Ferric Orthophosphate, d-1 alpha Tocopheryl Acetate, Zinc Oxide, Niacinamide, D-Calcium Pantothenate, Manganese Sulfate, Vitamin A Palmitate, Thiamin Mononitrate, Pyridoxine Hydrochloride, Cupric Oxide, Riboflavin, Chromium Chloride, Biotin, Potassium Iodide, Sodium Molybdate, Sodium Selenite, Vitamin K-1, Folic Acid, Vitamin D3, Cyanocobalamin), Less than 1% of: Glycerol, Stabilizer (Mono & Diglycerides, Cellulose Gel, Cellulose Gum, Carageenan, Maltodextrin), Natural Flavors, Salt, Ascorbic Acid (Vitamin C), Cultures (Bifidobacterium, L. acidophilus, L. paracasei), Sucralose, Acesulfame Potassium, Eggs.	\$4.99 per pint	I actually had to shrink the text of the ingredients list because it's that long. Plus it's got a few ingredients I'd rather avoid! I would not buy this one again.	<table border="1"> <tr><th>Macro</th><th>Percentage</th></tr> <tr><td>Protein</td><td>25%</td></tr> <tr><td>Fat</td><td>10%</td></tr> <tr><td>Carbs</td><td>65%</td></tr> </table>	Macro	Percentage	Protein	25%	Fat	10%	Carbs	65%
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