

Low Protein Ice-Cream

100ml is approximately 2 ice cream scoops

Please measure product for accurate exchange counting

Nobó Ice-Cream

500ml tubs available in Supervalu, some branches of Dunnes, Avoca and many Health food shops



Fresh Lemon per 90g/100ml serving 1.3g protein = **1 ½ exchanges**

Irish Salted Caramel per 90g/100ml serving 1.4g protein = **1 ½ exchanges**

Mint Toffee per 90g/100ml serving 1.4g protein = **1 ½ exchanges**

Passion Fruit and Mango per 90g/100ml serving 1.3g protein = **1 ½ exchanges**

Vanilla and Coconut per 90g/100ml serving 1.4g protein = **1 ½ exchanges**

Chocolate and Toasted Almond per 90g/100ml serving 2.9g protein = **3 exchanges**

Marks & Spencer (Plant Kitchen Range)

Available in 325ml tubs



Scottish Raspberry Ripple per 62g/100ml serving 1g protein = **1 exchange**

Madagascan Vanilla Ice Cream per 62g/100ml serving 1.7g protein = **1 ½ exchanges**

Almond Chocolate Sticks per 68g stick 2g protein = **2 exchanges**

Always check the label as ingredients may change

Updated June 2023

Halo Top (Plant Based Range)

Available in Tesco and some Health Food Shops 473ml tub

Make sure you pick the plant based pot as similar flavours in their normal range are not suitable



Peanut Butter Chocolate Overload per 100ml serving 0.5g protein = **½ exchange**

Carmel Chocolate Pretzel per 100ml serving 0.27g protein = **Free but over 100ml must be counted as exchanges**

Triple Chocolate Cake per 100ml serving 1.1g protein = **1 exchange**

Swedish Glace

Sticks available in Tesco only, 750ml tubs available in Supervalu and some Health Food Shops



Smooth Vanilla Soy Ice Cream Stick per 55g stick 0.5g protein = **½ exchange**

Smooth Vanilla Soy Ice Cream per 100ml 0.5g protein = **½ exchange**

Delightful Raspberry Soy Ice Cream per 100ml 0.5g protein = **½ exchange**

Heavenly Chocolate Soy Ice Cream per 100ml 0.8g protein = **1 exchange**

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Lidl (Vermondo Vegan Range)



Classic per stick 1.5g protein = **1 ½ exchanges**

Almond per stick 2.3g protein = **2 exchanges**

Salted Caramel per stick 1.5g protein = **1 ½ exchanges**

Vegan Magnum

Available in some branches of Tesco, Supervalu and Dunnes



Vegan Classic per Stick 1.2g protein = **1 exchange**

Vegan Almond per stick 2g protein = **2 exchanges**

Vegan Seasalt Caramel per stick 1.2g protein = **1 exchange**

Vegan Mini Classic Almond per Classic mini stick 0.7g protein = **½ exchange**/ per Almond mini stick 1.2g protein = **1 exchange**

Cornetto

Available in Tesco



Cornetto Vegan & Gluten Free per cone 1.1g protein = **1 exchange**

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Dunnes Stores

Available in 500ml tubs



Plant Based Mango and Passion Fruit per 100ml serving 0.9g protein = **1 exchange**

Plant Based Chocolate Fudge Brownie per 100ml serving 1.9g protein = **2 exchanges**

Ben & Jerry's (Non-dairy Vegan Range)

Available in Supervalu and Dunnes

Make sure you pick up the vegan pot as the same flavours in similar containers in their normal range are not suitable



Berry Revolution per 100ml serving 1.6g protein = **1 ½ exchanges**

Caramel Cafe per 100ml serving 1.3g protein = **1 exchange**

Cookies on Cookie Dough per 100ml serving 1.7g = **1 ½ exchanges**

Salted Caramel Brownie per 100ml serving 1.4g protein = **1 ½ exchanges**

Chocolatey Love-a-fair per 100ml serving 2.1g protein = **2 exchanges**

Sorbet

Sorbet is another great option as it is much lower in protein than ice cream and many sorbets will be free. Always check the label for protein containing ingredients to see if you need to count exchanges

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