

Women's Health may earn commission from the links on this page, but we only feature products we believe in. [Why trust us?](#)

14 Sugar-Free Ice Creams That Are Actually Worth Eating, According To Nutritionists

I'll have two scoops, please.

BY **KRISTINE THOMASON** AND **KORIN MILLER** MAR 11, 2020



Satisfying your sweet tooth without actual sugar has never been easier. (TYSM, keto!) I mean, have you taken a stroll down the freezer aisle at the supermarket lately? Sugar-free and no-sugar-added ice creams practically outnumber the regular stuff.

Thankfully, gone are the days of low-calorie ice creams that taste like unflavored ice. As long as you choose the right brand, a tub of sugar-free ice cream (or an ice cream sandwich or bar...) is now a totally legit way to satisfy your mint chocolate chip craving.

"For diabetics, sugar-free ice cream can help satisfy sweet cravings without spiking your blood sugar," says dietitian [Natalie Rizzo](#), RD. "The same is true for those who want to lose weight and want a taste of ice cream without the calories." (Or, ya know, anyone watching their sugar intake, which seems to be everyone these days...)

Still, you're totally justified in looking at that "sugar-free" label with a healthy dose of skepticism. "Just because a product is sugar-free does not necessarily make it healthier," says dietitian [Brooke Zigler](#), RDN. "It's still important to look at all of the nutrition facts and ingredients list."

Zigler recommends looking for products sweetened with stevia, monk fruit, and/or sugar alcohols such as erythritol. "I also look for products that also contain fiber and protein, since they are more filling and help provide a steady blood glucose level," she says.

Skip the detective work the next time you're hunting for a frozen treat and add these sugar-free or low-sugar ice creams to your cart, stat.

ADVERTISEMENT - CONTINUE READING BELOW

I

Rebel Butter Pecan Ice Cream



amazon.com

SHOP NOW

Rebel uses keto-friendly monk fruit to sweeten its goodies. “Of the many no-added-sugar ice cream options, Rebel has one of the shortest, simplest ingredient lists,” says Karen Ansel, RD, co-author of [*The Calendar Diet*](#).

She likes that Rebel contains chicory root fiber, which provides fiber while also making their ice cream smooth and creamy. “That may help you feel full longer than most frozen treats,” Ansel says.

Per half-cup serving: 170 cal, 17 g fat (8 g sat), 70 mg sodium, 10 g carbs, 2 g fiber, 0 g sugar, 2 g protein

2

Arctic Zero Mint & Chocolate Cookies Light Ice Cream



[instacart.com](https://www.instacart.com)

\$4.99

[SHOP NOW](#)

“I love that this brand offers light ice cream, non-dairy ice cream, non-dairy bars, and even lactose-free ice cream, which means there is really something for everyone,”

says Zigler. Their Mint & Chocolate Cookies flavor has just 90 calories per serving and contains three grams of fiber, which will keep you full.

Per half-cup serving: 90 cal, 2.5 g fat (1.5 g sat), 13 g carbs, 11 g sugar, 70 mg sodium, 3 g fiber, 2 g protein

ADVERTISEMENT - CONTINUE READING BELOW

3

Enlightened Triple Shot Espresso Ice Cream



instacart.com

\$6.59

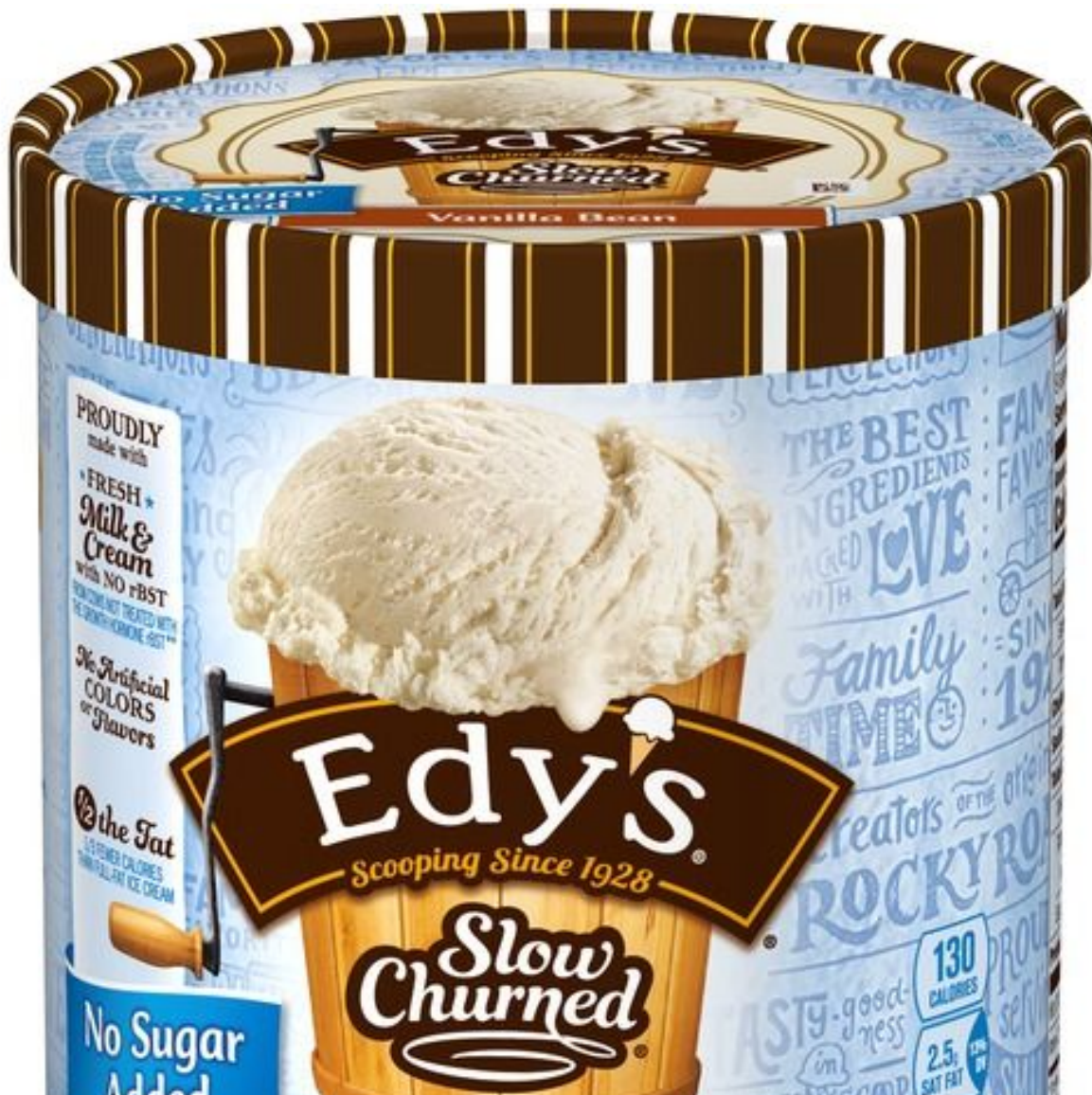
[SHOP NOW](#)

If you like your ice cream funky, Enlightened has crazy-delicious flavors like “All That & A Bag of Chips,” "Bananas Foster," and "Triple Shot Espresso" for 100 calories or less per serving, says Rizzo.

Per half-cup serving: 80 cal, 1.5 g fat (1 g sat), 30 mg sodium, 18 g carbs, 5 g fiber, 6 g sugar, 7 g protein

4

Edy's Slow Churned No Sugar Added Vanilla Bean Ice Cream



instacart.com

\$5.79

[SHOP NOW](#)

If you're watching your sugar intake, but love a good scoop of classic vanilla, this is for you. "It's also sweetened with Splenda (sucralose) and sorbitol, but the number-one sweetener is maltitol, a sugar alcohol that has half the calories of traditional sugar," says dietitian Scott Keatley, RD, of [Keatley Medical Nutrition Therapy](#). It's also pretty low in fat.

Per half-cup serving: 100 cal, 3 g fat (2 g sat), 30 mg sodium, 14 g carbs, 2 g fiber, 3 g sugar, 3 g protein

5

Snow Monkey Acai Berry Frozen Superfood Blend



instacart.com

\$5.99

[SHOP NOW](#)

This Snow Monkey pint is ~technically~ more like sorbet than ice cream, but it's a great option when you want to dig your spoon into something fruity.

“The acai flavor uses berry juice concentrate,” explains Samantha Cassetty, RD, dietitian and contributor to [Sugar Shock](#). It’s got a nice fruity flavor to hit your sweet tooth where it counts.

Per half-cup serving: 130 cal, 2.5 g fat (0.4 g sat), 20 mg sodium, 23 g carbs, 4 g fiber, 18 g sugar, 7 g protein

6

Yasso Sea Salt Caramel Frozen Greek Yogurt Bars



target.com

\$4.49

SHOP NOW

Made with nonfat milk and Greek yogurt, Yasso's desserts offer five to six grams of protein per serving for just around 100 calories. “I personally love the portion-controlled bars as a healthy dessert that comes in amazing flavors,” says Rizzo.

Per bar: 100 cal, .5 g fat (0 g sat), 115 mg sodium, 18 g carbs, 0 g fiber, 16 g sugar, 5 g protein

ADVERTISEMENT - CONTINUE READING BELOW

7

Chilly Cow Chocolate Brownie Batter Bars



instacart.com

\$3.50

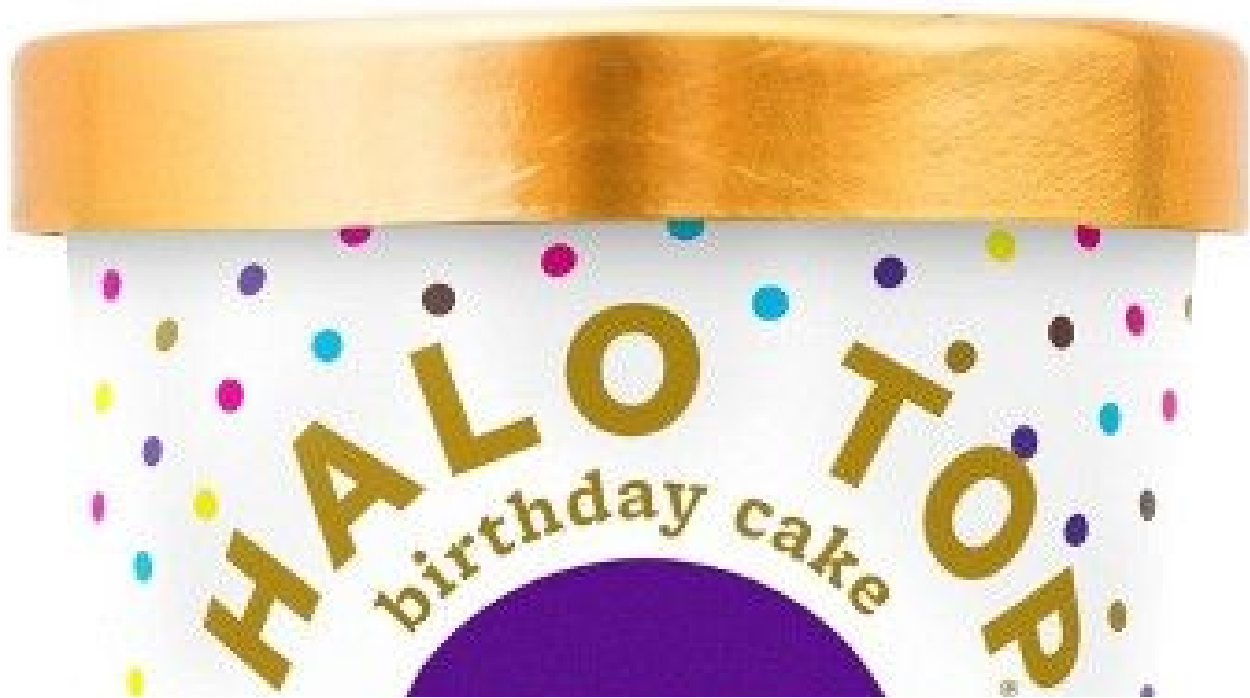
[SHOP NOW](#)

Chilly Cow is a pretty good option for a low-sugar or sugar-free ice cream. "It contains a mix of sugar, sugar alcohol, and stevia, a no-cal sweetener," says dietitian Suzanne Dixon, RD.

Per tub: 110 cal, 4 g fat (2 g sat), 45 mg sodium, 19 g carbs, 6 g fiber, 8 g sugar, 6 g protein

8

Halo Top Birthday Cake Ice Cream



target.com

\$3.99

[SHOP NOW](#)

“The brand that started the low-calorie ice cream trend has delectable flavors,” says Rizzo. And even with other tasty options on the market now, Halo Top is still an excellent choice for settling that sweet tooth.

Per half-cup serving: 70 cal, 2.5 g fat (1 g sat), 110 mg sodium, 14 g carbs, 3 g fiber, 6 g sugar, 6 g protein

9

Wink Vanilla Bean Ice Cream

instacart.com

\$1.00

SHOP NOW

"This ice cream is one of the lowest-calorie options out there," says Zigler. "Their Vanilla Bean frozen dessert has just 25 calories per half cup (only 100 calories for the entire pint!) and zero grams of sugar."

Per half-cup serving: 25 cal, 0.5 g fat (0 g sat), 70 mg sodium, 5 g carbs, 0 g sugar, 4 g fiber, 2 g protein

ADVERTISEMENT - CONTINUE READING BELOW

10

So Delicious Dairy Free Coconut Milk Dipped Vanilla Ice Cream Bars

So Delicious
instacart.com

\$3.00

[SHOP NOW](#)

So Delicious offers all sorts of dairy-free ice creams, including these no-sugar added bars, which have less than one gram of sugar a pop. “These bars are a great option for anyone who is dairy-free and looking for desserts with less sugar,” says Zigler.

Per bar: 110 cal, 9 g fat (8 g sat), 45 mg sodium, 14 g carbs, 5 g fiber, 1 g sugar, 1 g protein

II

No Sugar Added Vanilla Frozen Dairy Dessert

Breyers
walmart.com

\$4.97

[SHOP NOW](#)

Breyers' no-sugar-added ice cream is 100 percent sugar-free, which is pretty awesome, says Rizzo. “It’s made with Splenda and still tastes just like sugar-filled ice cream,” she says.

Per half-cup serving: 80 cal, 3 g fat (2 g sat), 40 mg sodium, 13 g carbs, 0 g fiber, 4 g sugar, 2 g protein

12

Moophoria Chocolate Frozen Cookie Enlightnmint

Ben & Jerry's
target.com

\$3.50

SHOP NOW

That's right—they actually have a line of flavors called Moo-Phoria with fewer calories and fat than traditional ice cream. “While these flavors still contain regular sugar, and more than some of the other brands, it's still less than their traditional flavors,” says Zigler. This is a good option for someone looking for an ice cream without sugar alcohols, too.

Per half-cup serving: 160 cal, 7 g fat (5 g sat), 65 mg sodium, 22 g carbs, 0 g fiber, 15 g sugar, 3 g protein

ADVERTISEMENT - CONTINUE READING BELOW

13

Skinny Cow Vanilla Gone Wild Ice Cream Sandwiches

target.com

\$4.29

SHOP NOW

“Of all the low-calorie ice creams, I think Skinny Cow is one of the most popular because the products taste good,” says Dixon. “It doesn't contain sugar alcohols and manages to give a lower-calorie option by simply cutting the sugar and keeping portion sizes small,” she says. It's a good option for those who have GI issues from sugar alcohols.

Per sandwich: 150 cal, 2 g fat (1 g sat), 140 mg sodium, 5 g sugar, 28 g carbs, 3 g fiber, 4 g protein

14

Klondike No Sugar Added Vanilla Ice Cream Bars

klondikebar.com

SHOP NOW

Remember those tasty Klondike bars from childhood? Well, now there's a no-sugar-added version that is just as delicious and delivers on nostalgia without spiking your blood sugar.

Per bar: 180 cal, 9 g fat (8 g sat), 70 mg sodium, 22 g carbs, 0 g fiber, 5 g sugar, 2 g protein

KRISTINE THOMASON Fitness & Wellness Editor

Kristine Thomason is the fitness & wellness editor at Women's Health, where she edits, writes, and helps oversee the food and fitness sections of the website and magazine.

KORIN MILLER

Korin Miller is a freelance writer specializing in general wellness, sexual health and relationships, and lifestyle trends, with work appearing in Men's Health, Women's Health, Self, Glamour, and more.

Wellness changes everything. Get started with our newsletter.

Sign up for workouts, meals and more!

Enter your email address here.

LET'S DO THIS.

watch next

| MORE FROM |

food

Mindy Kaling Loves Baking With Her Daughter

You Need A Charcuterie Wreath For Christmas Day

ADVERTISEMENT - CONTINUE READING BELOW

48 Gifts For Your Favorite Foodie

What Gal Gadot Ate To Get In 'Wonder Woman' Shape

5 Mistakes That Can Ruin Your Meal Prep Routine

From Women's Health for Cascade

The 10 Healthiest Menu Items at Popeyes

Watch Martha Stewart Make Cannabis-Shaped Cookies

20 Jackfruit Recipes That Taste Exactly like Meat

People Are Building Holiday “Charcuterie Chalets”

People Are Making Hot Chocolate Charcuterie Boards

FOOD THE 6 BEST ICE CREAMS FOR WEIGHT LOSS, ACCORDING TO NUTRITIONISTS

THE BEST LOW-CARB ICE CREAM, ACCORDING TO RDS THE BEST HEALTHY ICE CREAMS YOU CAN BUY

20 BEST SUGAR-FREE SNACKS SWEET POTATO BEER IS NOW A THING THE 10 BEST GLUTEN-FREE BREADS

Women's Health



About Women's Health

Customer Care

Media Kit

Other Hearst Subscriptions

Subscribe

Newsletter

Advertise

Manage Email Preferences

Why did I get this ad?

Give a Gift

 Hearst Young

Women's Group - A
Part of Hearst Digital
Media

A Part of Hearst Digital Media

Women's Health participates in various affiliate marketing programs, which means we may get paid commissions on editorially chosen products purchased through our links to retailer sites.

©2020 Hearst Magazine Media, Inc. All Rights Reserved.

[Privacy Notice/Notice at Collection](#) [Your California Privacy Rights](#) [Interest-Based Ads](#) [Terms of Use](#) [Site Map](#)

Do Not Sell My Personal Information