

WHERE TO BUY: STORE LOCATOR



## About Us

### Pint Comparison Chart

	<i>Rebel</i>	Halo Top	Enlightened	Simple Truth Low Cow Lite	Breyers Delights	Breyers CarbSmart	Arctic Zero	So Delicious NSA	Häagen-Dazs	Ben & Jerry's
<b>Base / Main Ingredient</b>	Cream	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Milk	Water	Water (coconut milk)	Cream	Cream
<b>Net Carb Range</b>	5-8g	24-40g	12-36g	16-24g	45-54g	28g	20-48g	12-20g	76-128g	84-152g
<b>Fat Range</b>	56-76g	8-14g	6-24g	6-8g	10-14g	20g	0-10g	32-44g	52-92g	48-104g
<b>Sweeteners</b>	Erythritol Monk Fruit	Erythritol Sugar Stevia	Erythritol Sugar (most) Monk Fruit	Erythritol Maltitol Monk Fruit Stevia	Erythritol Sugar Stevia	Sorbitol Maltodextrin Splenda Sucralose	Sugar Monk Fruit	Erythritol Monk Fruit	Sugar	Sugar
<b>Added Sugar</b>	No & Never	Yes	Most flavors	Yes	Yes	No	Yes	No	Oh Yes	Oh Yes

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Along with millions of others, we discovered that eating foods high in healthy fats and very low in carbs/sugar trains your body to burn **fat** instead of **sugar** as an energy source. Common benefits people may experience on a low carb, high fat lifestyle are weight loss, increased energy, suppressed appetite, and mental sharpness. Recent studies are also suggesting being in a fat-burning state, or ketosis, can alleviate many health complications.

To stay in ketosis, most people will target no more than 20 grams of net carbs with a focus on foods high in healthy fats. Net carbs are calculated by taking total carbohydrates and subtracting dietary fiber and sugar alcohols. These are typically subtracted since most of it isn't metabolized in the body. It is best that these are very low glycemic fibers and natural sugar alcohols that won't raise your blood sugar or insulin levels.

This means that most ice creams are off-limits if you want to stay in a fat-burning state. Potential options are either low fat, contain added sugar, and/or contain too many carbs. Many flavors also contain non-keto-friendly ingredients like cane sugar, corn syrup, and

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This means that most ice creams are off-limits if you want to stay in a fat-burning state. Potential options are either low fat, contain added sugar, and/or contain too many carbs. Many flavors also contain non-keto-friendly ingredients like cane sugar, corn syrup, and wheat. Low fat ice creams are typically not as satiating and can lead to carb/sugar overconsumption. They also lack the taste, texture, and structure of real ice cream.

Rebel Ice Cream is the first low carb, high fat, no sugar added ice cream on the market. We've worked with food scientists to find the perfect ratio of keto-friendly ingredients that makes it as low carb as possible while still maintaining the taste and texture that ice cream deserves. Rebel Ice Cream passes the "kid" test. We hope to prove that you don't need sugar to have a delicious and creamy ice cream.

For more information on our ingredients, see our [Ingredients Page](#).

**Embrace the fat. Drop the sugar. Be a Rebel!**

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## Ingredients

*For a full list of ingredients and nutrition facts, [see here](#).*

Eating healthy is far more than just counting calories. It's counting the makeup of those calories. 100 grams of sugar has a very different impact on your body than 100 grams of healthy fats.

Rebel Ice Cream only uses all-natural, keto-friendly ingredients that won't raise your blood sugar, raise your insulin levels, or kick you out of a fat-burning state. Rebel Ice Cream also has the perfect amount of fat to maintain that superior taste and texture of real ice cream. It is also the lowest "net carb" ice cream on the market. Our ice cream is 100% grain and gluten-free with no added sugar. For more information on what sets us apart from other ice creams, please see our [About page](#).

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**Cream:** This is the healthiest, most expensive part of dairy milk and contains very little lactose/sugar. The fat from cream is crucial to a superior taste and structure in ice cream. The cows are rBST and hormone free.

**Egg Yolk:** This is the best natural emulsifier which improves whipping ability in production to produce a smooth, slow-melting ice cream.

