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Review: Arctic Zero, No Guilt Frozen Dessert – Win EVERY Flavor!

Posted by Nicole on Jun 27, 2011 in [Cooking and Food](#), [Current Giveaways](#) | 9 comments



Have you ever been tempted to eat an entire pint of ice cream? Ever wanted just one more serving but sacrificed because of the high calories? I know I have. Which is why I was beyond thrilled when asked if I'd like to try out a new ice cream replacement, **Arctic Zero**, which contains **less than 150 calories per pint!** What's even better is that unlike other "low calorie" ice creams I've tried in the past, **Arctic Zero actually tastes good** and it contains only healthy ingredients, ingredients that we are all familiar with, no artificial sweeteners or flavors. For example, here is a list of the ingredients in the Vanilla Maple variety: Purified Water, Whey Protein Concentrate, Organic Cane Sugar, Chicory Root, Guar Gum, Xanthan Gum, Natural Flavors, Sea Salt, Monk Fruit Concentrate

What is Monk Fruit Concentrate?

*Monk Fruit concentrate comes from one of the sweetest melons in the world and has been used in Asia for over 1,000 years. Its concentrate is 150 times sweeter than sugar and just one gram of it **replaces 40 teaspoons of sugar!***

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If you need more reasons to give Arctic Zero a try, here are some other great product details:

- Fat Free
- Gluten Free
- Suitable for those with a Lactose Intolerance
- Low Carbohydrate
- Kosher
- Non-GMO
- Low Glycemic
- Suitable for Type 2 Diabetics
- High Fiber
- 14 Grams of Whey Protein
- Great for Kids (No Sugar Alcohols)

NEW 150 CALORIE PINT NUTRITIONAL INFORMATION

Nutrition Facts		Nutrition Facts	
Serving Size 1/2 cup (74g) Servings Per Container 4		Serving Size 1/2 cup (74g) Servings Per Container 4	
Amount Per Serving		Amount Per Serving	
Calories 45	Calories from Fat 0	Calories 45	Calories from Fat 0
% Daily Value*		% Daily Value*	
Total Fat 0g	0%	Total Fat 0g	0%
Saturated Fat 0g	0%	Saturated Fat 0g	0%
Trans Fat 0g		Trans Fat 0g	
Cholesterol 10mg	3%	Cholesterol 10mg	3%
Sodium 95mg	4%	Sodium 90mg	4%
Total Carbohydrate 7g	2%	Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%	Dietary Fiber 2g	8%
Sugars 7g		Sugars 6g	
Protein 4g		Protein 4g	
Vitamin A 0%	• Vitamin C 0%	Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 0%	Calcium 2%	• Iron 0%

* Percent Daily Values are based on a 2,000 calorie diet.

**VANILLA MAPLE*
COFFEE
COOKIES & CREAM
PUMPKIN SPICE**

**CHOCOLATE
CHOCOLATE PEANUT BUTTER
MINT CHOCOLATE COOKIE**

Arctic Zero Nutritional Information

Currently, **Arctic Zero** comes in eight different varieties — Chocolate, Chocolate Peanut Butter, Coffee, Cookie & Cream, Mint Chocolate Cookie, Strawberry, Vanilla Maple and Pumpkin Spice — and can be found online at [Amazon.com](https://www.amazon.com) and in over **750 locations** nationwide including, Whole Foods, Safeway, Publix and more.

How does it match up?

Honestly, when you're eating **Arctic Zero** you won't be fooled into thinking you're actually eating real ice cream, it's a different texture and taste, but that's not necessarily a bad thing. I anticipated the difference considering that it is an "ice cream replacement" not just a low calorie ice cream. Arctic Zero doesn't have the creamy texture that real ice cream has, but if you're watching your weight, calorie intake or are just looking for a **healthy alternative**, it's definitely a welcomed treat.

I also read other reviews ahead of time and kind of knew what to expect, most people mentioned that the dessert was similar to a **frozen protein shake**, and they were right. Some of the promo material even states "*Essentially a protein shake in an ice cream form*" which is fine by me considering I've been indulging a little too much in ice cream these past few months since my surgery. The fact that I'm only getting 10% of the calories I would be with regular ice cream definitely compensates for the texture, in my opinion. If you decide to give **Arctic Zero** a try, my only suggestion is to leave the pint out for about 15 minutes before serving to let it soften. Other than that...eat to your heart's content, without the guilt!