



Bourbon Pecan Ice Cream

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



253 kcal

Ingredients

- ☐ 3.5 tablespoons bourbon
- ☐ 1 cup half-and-half
- ☐ 3.5 cups milk 2% reduced-fat
- ☐ 0.5 cup pecans toasted chopped
- ☐ 14 ounce condensed milk fat-free sweetened canned
- ☐ 2 teaspoons vanilla extract

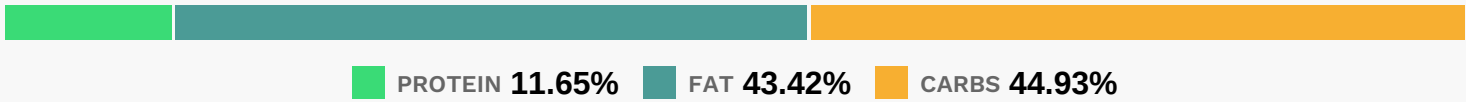
Equipment

- ☐ whisk

Directions

- ☐ Combine first 4 ingredients, stirring well with a whisk.
- ☐ Pour mixture into the freezer can of an ice-cream freezer, and freeze according to manufacturer's instructions. Stir in pecans and bourbon. Spoon ice cream into a freezer-safe container; cover and freeze 4 hours or until almost firm.

Nutrition Facts



Properties

Glycemic Index:8.6, Glycemic Load:13.19, Inflammation Score:-3, Nutrition Score:7.3030434795048%

Flavonoids

Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg, Cyanidin: 0.59mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg, Epigallocatechin 3-gallate: 0.13mg

Nutrients (% of daily need)

Calories: 252.5kcal (12.62%), Fat: 11.8g (18.15%), Saturated Fat: 5.26g (32.85%), Carbohydrates: 27.46g (9.15%), Net Carbohydrates: 26.93g (9.79%), Sugar: 27.09g (30.1%), Cholesterol: 28.57mg (9.52%), Sodium: 104.11mg (4.53%), Alcohol: 2.03g (100%), Alcohol %: 1.63% (100%), Protein: 7.12g (14.25%), Calcium: 241.63mg (24.16%), Vitamin B2: 0.37mg (21.94%), Phosphorus: 214.75mg (21.48%), Manganese: 0.26mg (13.11%), Selenium: 8.92µg (12.74%), Vitamin B12: 0.66µg (10.97%), Potassium: 318.47mg (9.1%), Vitamin B1: 0.11mg (7.44%), Zinc: 1.11mg (7.43%), Magnesium: 28.52mg (7.13%), Vitamin B5: 0.71mg (7.09%), Vitamin A: 278.94IU (5.58%), Copper: 0.08mg (4.01%), Vitamin B6: 0.08mg (3.77%), Folate: 10.42µg (2.61%), Fiber: 0.52g (2.09%), Vitamin C: 1.47mg (1.79%), Vitamin E: 0.23mg (1.5%), Iron: 0.25mg (1.36%), Vitamin B3: 0.25mg (1.27%)