



Brown Butter-Pecan-Bourbon Ice Cream

READY IN



35 min.

SERVINGS



50

CALORIES



219 kcal

DESSERT

Ingredients

- ☐ 2 tablespoons bourbon
- ☐ 0.5 cup butter
- ☐ 8 egg yolk
- ☐ 1.5 cups cup heavy whipping cream
- ☐ 50 servings whipped cream
- ☐ 1.5 cups milk
- ☐ 1 halves pecans
- ☐ 1 cup pecans chopped
- ☐ 0.8 cup sugar

- ☐ 1 teaspoon vanilla extract
- ☐ 50 servings frangelico
- ☐ 50 servings frangelico

Equipment

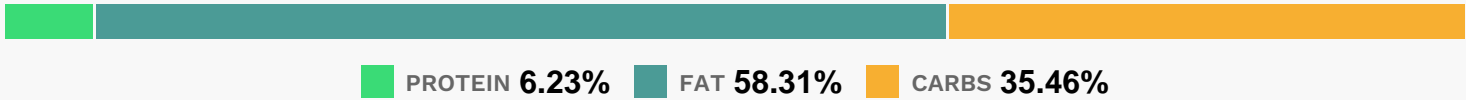
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ blender
- ☐ stand mixer
- ☐ slotted spoon
- ☐ ice cream machine
- ☐ candy thermometer

Directions

- ☐ Melt butter in a medium skillet over medium heat. Cook, stirring frequently, 2 to 3 minutes or until butter turns light brown and golden.
- ☐ Add pecans, and saut to 2 minutes or until lightly browned and toasted.
- ☐ Remove pecans with a slotted spoon, reserving browned butter and pecans separately.
- ☐ Bring milk, cream, and sugar to a boil in a medium saucepan over medium heat, stirring occasionally.
- ☐ Remove from heat, and stir in browned butter.
- ☐ Beat egg yolks at medium-high speed with electric stand mixer until thick and pale (about 2 to 3 minutes). Gradually stir one-fourth of hot cream mixture into eggs.
- ☐ Add yolk mixture to remaining hot cream mixture, stirring constantly. Cook over medium-low heat, stirring constantly, 5 minutes or until a candy thermometer registers 170 and mixture lightly coats back of a spoon.
- ☐ Pour mixture through a fine wire-mesh strainer into a bowl. Stir in bourbon, vanilla, and pecans. Cover and chill 1 hour.

- ☐
- Attach ice cream maker attachment to mixer according to manufacturer's instructions.
Prepare ice cream according to manufacturer's instructions, using stir speed 1, for 15 to 20 minutes or until mixture reaches desired consistency.
- ☐
- Serve immediately, or transfer to an airtight container and freeze to desired texture.
- ☐
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:5.08, Glycemic Load:11.45, Inflammation Score:-3, Nutrition Score:4.2708695530891%

Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg, Epigallocatechin 3–gallate: 0.05mg

Nutrients (% of daily need)

Calories: 219.26kcal (10.96%), Fat: 14.28g (21.96%), Saturated Fat: 7.84g (48.99%), Carbohydrates: 19.53g (6.51%), Net Carbohydrates: 18.86g (6.86%), Sugar: 17.66g (19.62%), Cholesterol: 73.97mg (24.66%), Sodium: 73.53mg (3.2%), Alcohol: 0.23g (100%), Alcohol %: 0.32% (100%), Protein: 3.43g (6.87%), Vitamin B2: 0.2mg (11.85%), Calcium: 104.04mg (10.4%), Phosphorus: 98.76mg (9.88%), Vitamin A: 494.17IU (9.88%), Vitamin B12: 0.37µg (6.14%), Vitamin B5: 0.54mg (5.37%), Manganese: 0.11mg (5.35%), Selenium: 3.28µg (4.68%), Potassium: 162.03mg (4.63%), Zinc: 0.67mg (4.48%), Vitamin B1: 0.05mg (3.49%), Magnesium: 13.49mg (3.37%), Vitamin D: 0.48µg (3.22%), Vitamin E: 0.43mg (2.83%), Fiber: 0.67g (2.7%), Vitamin B6: 0.05mg (2.67%), Copper: 0.05mg (2.26%), Folate: 8.34µg (2.09%), Iron: 0.2mg (1.13%)